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# BARKING MAD?

THE MAYOR'S CRACKDOWN ON OFF-LEASH DOGS COULD COME BACK TO BITE HIM PAGE 4

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Michelle Liard, 22, walks free from Brampton court with lawyer Daniel Brodsky after being acquitted of first-degree murder in the death of Aleksandra Firgan-Hewie. PETER EDWARDS/TORSTAR NEWS SERVICE

# Liard cleared of teen's slaying

**Aleksandra Firgan-Hewie.** Co-accused Rafal LaSota guilty of first-degree murder

Michelle Liard left Brampton court on Monday, free of charges that she took part in the slashing and stabbing death of Grade 8 student Aleksandra Firgan-Hewie.

In her right hand was a small black Jehovah's Witness bible. Writings of an unholy kind by Liard, 22, made for chilling reading during her five-week trial.

The jury acquitted her on its fourth day of deliberations. Her former fiancé, Rafal LaSota, 28, of Mississauga, was found guilty of first-degree murder.

Court heard that Firgan-Hewie suffered 37 knife wounds and 23 blunt-force trauma wounds before she was stuffed in a garbage bag and dumped in LaSota's backyard on Dec. 10, 2008.

Aleksandra Firgan-Hewie
TORSTAR NEWS SERVICE

During the trial, Liard admitted she scrubbed blood from LaSota's clothing in a bathroom across from the bedroom where the killing took place. She swore she didn't set foot in the bedroom or hear Firgan-Hewie scream.

In court Monday, Liard turned to LaSota and mouthed something inaudible after Judge David Corbett passed his sentence. LaSota nodded and smiled faintly back at her.

As LaSota was led off to prison, Liard walked out of the courthouse to face reporters. "I plan to move forward and finish my education," she said.

In the background, some of Firgan-Hewie's friends cried and screamed obscenities.

Firgan-Hewie's mother, Milena, appeared faint and did not face reporters.

TORSTAR NEWS SERVICE

**Poison pen**

- The jury that acquitted Michelle Liard saw a handwritten first-person story she wrote before the murder.
- In it, the narrator — who shares Liard's nickname of "Meesh" — the narrator's boyfriend Rafal and a hitchhiker take part in the torture killing of a beautiful blond woman.

## Making good on a bet

Conservative senator sporting a new hairdo after boxing loss to MP Justin Trudeau PAGE 10

## One tiny voice for peace

A young Iranian has risked his life to launch the website Iran Loves Israel PAGE 12

## Dude, where's my iPhone?

Ashton Kutcher to star as the late tech guru Steve Jobs in an upcoming biopic PAGE 24

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Brampton

## Injured man charged in fatal collision

A 25-year-old Brampton man who is in critical condition in hospital has been charged with impaired driving causing death.

Peel police said Prashant Panwar was behind the wheel of an Audi early Sunday when it collided with a GMC Acadia at Bovaird Drive East and Torbram Road in Brampton. A 27-year-old passenger in the Audi died in the collision. A second passenger in the Audi and the GMC driver suffered non-life-threatening injuries. Police said Panwar is in critical condition, and is also charged with two counts of impaired driving causing bodily harm.

TORSTAR NEWS SERVICE

Police watchdog

## SIU to probe injuries to Occupy Toronto protester

Ontario's police watchdog is looking into injuries suffered by a woman who was involved in an Occupy Toronto protest.

The Special Investigations Unit says it learned through media reports that the 36-year-old woman was involved in an interaction with Toronto police on Friday. The reports say the woman sustained a broken nose and fractured orbital bone. Several Occupy Toronto protesters were arrested Friday after being evicted from a camp near city hall.

Five appeared in court on Saturday on charges ranging from obstructing justice to marijuana possession, and it was reported that one of them had bruises on her face. Members of Occupy Toronto have said two people were injured when they were "brutally beaten" while being arrested. THE CANADIAN PRESS

Drivers line up for hours for a 50-cent-a-litre promotion at a gas station in Toronto on Monday. FRANK GUNN/THE CANADIAN PRESS

# Drivers line up for 50-cent-a-litre gas

**Retro-priced.** Motorists began to arrive at Eastern Auto around 5 a.m.

Quoted

**"I need the gas. To save 65 per cent on gas right now, that's a big blessing."**

André Diangana, 38, the last person to receive cheap gas

For a few hours on Eastern Avenue, it was 1998 all over again.

That's the last time the price of gasoline was as low as 50 cents a litre. And that's what it cost Monday at Eastern Auto, just east of Leslie Street.

The sale — part of a promotion by Toronto travel company FlightNetwork.com — led to organized chaos in the area. Hundreds of motorists lined up for hours hoping to fuel up on the cheap. Off-duty police officers were on hand to keep things moving and stop multiple attempts to sneakily cut the line of cars, which snaked for more than a kilometre up Leslie Street and down Eastern Avenue.

Motorists started lining up around 5 a.m. for the 8 a.m. start, police said. The limit was 50 litres per vehicle, meaning most drivers saved about $42. Gas currently costs $1.35 per litre in the GTA, according to tomorrowsgaspricetoday.com.

"People are desperate," said Dan McTeague, the website's founder and a former member of Parliament. "They've hit a tipping point."

According to McTeague, 95 per cent of respondents to a poll on his website said current energy prices affect their discretionary spending in other areas.

"That's why people are prepared to wait an hour or two in line."

The last man to sneak in before the cut was André Diangana, 38, who arrived with his tank below empty and ran out of gas while idling in line. Staff brought a jerry can of gasoline to his car so he could make it to the station.

TORSTAR NEWS SERVICE

1 NEWS

On the web

### Sensational progress

The recipient of the U.S.'s first full-face transplant says he can feel his daughter's kisses now, a year after the procedure. Dallas Wiens was blinded and severely burned after touching a high-voltage power line in 2008. Watch at metronews.ca

### Senseless violence

A gunman left horrific scenes in the wake of his rampage on Monday at a Christian university in California. Watch at metronews.ca for more.

Mobile news

Coming for the Olympics with money to spend? Then there's still time to ensure you can take tea at The Ritz, drink at the Savoy's American bar or sleep in an Art Deco room at Claridge's. Scan code for the story.

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Transit

## TTC tests wireless payment option for Metropasses at Union Station

TTC riders who normally endure long lines to buy their monthly Metropass at Union Station had a happy surprise this month when the TTC set up an additional payment area for credit and debit-card purchases.

The TTC is testing wireless card readers such as those used in restaurants as the next step in taking some of the cash out of the system, said spokesman Brad Ross, citing February's shooting of a TTC collector at Dupont station.

"Ultimately it will be an improved customer benefit, being able to purchase passes by debit and credit card. It's also something we're looking at more long-term to roll out across the network to reduce the likelihood of cash transactions and cash in collector booths," said Ross.

The added service at Union, which began Thursday, will continue through Tuesday during rush hours.

The TTC will measure the length of lineups, transaction times and the reliability of the wireless signal. Once those indicators are analyzed, there will be a formal announcement of how the program will move ahead.

"We absolutely will be doing it elsewhere. We just have to determine when and where and how," Ross said.

Thirty-one TTC stations have vending machines that dispense Metropasses.

The Union Station test will continue next month.

TORSTAR NEWS SERVICE

# Ford looks to rein in off-leash dogs after wave of complaints

**Crackdown.** Dogs must be kept on a leash — 2 metres long, maximum — in all public spaces unless otherwise posted

**Fine**

**$240**

Owners and walkers who let their four-legged friends roam free in undesignated areas can face a $240 fine.

Mayor Rob Ford loves dogs — he said so on Monday — but he's not impressed with the ones roaming free in parks across the city.

Ford has called for a crackdown on off-leash canines after receiving an "overwhelming" number of complaints about dogs at large in undesignated areas over the past two weeks.

"I guess with the good weather, people are letting their dogs run loose through the parks. Two kids got bitten," Ford told reporters. "I just want to tell people, I've informed animal services and bylaw to go out and make sure you remind people to keep their dogs on their leash."

Complaints about dogs and their owners tend to spike this time of year, according to Toronto Animal Services. Off-leash dogs, aggressive dogs, yappy dogs and unclaimed dog poop top the list.

City rules allow canines to be off leash in their owner's yard or the property of a consenting friend.

"I don't want to be heavy-handed and start fining people," the mayor said, "but I want to make sure they've been warned. That's pretty well it."

There are more than 50 leash-free zones in Toronto, most of them gated spaces within city parks.

"Owners are allowed to go in to release their dog to run and play," said Robert Meerburg, an education officer with Toronto Animal Services. "Provided," he cautioned, "they are there with the dog.

"I add that because we've had several people that have gone in, left their dogs and gone shopping, and come back." TORSTAR NEWS SERVICE

Eddie, a nine-year-old Jack Russell terrier, enjoys a moment of off-leash freedom in Little Norway Park at Bathurst Street and Queens Quay West Monday. AMY DEMPSEY/TORSTAR NEWS SERVICE

# Council ratifies labour deal

The City of Toronto expects to save almost $50 million over the next four years through its new labour agreement with its inside workers.

Council voted 40-1 Monday to ratify the deal with about 11,000 full-time and 1,500 part-time workers.

Meanwhile, a tentative agreement with about 8,600 part-time recreation workers goes to council next week, while issues affecting 1,900 part-timers in seniors' homes are being sent to binding arbitration.

**Quoted**

**"I know everyone's happy. We won't have any labour disruption for four years."**

Mayor Rob Ford

The savings identified by city officials include salaries, productivity enhancements and reduced liabilities for employee benefits. For example, the city succeeded in removing the half-hour shift overlap among full-timers in the long-term care homes. Also, employee benefits were reduced for those who retire early.

Mayor Rob Ford's insistence on obtaining concessions helped move the talks along, said Deputy Mayor Doug Holyday.

"I think everyone recognized that we weren't just letting off steam, that we meant business, we had objectives," Holyday said.

Coun. Karen Stintz said the city must now work on improving customer service and regaining its reputation as the city that works. TORSTAR NEWS SERVICE

Challenge

## Mayor struggles with weight loss

Mayor Rob Ford has had a little setback in his "cut the waist" challenge to lose 50 pounds by June.

The mayor weighed in Monday at 311 pounds, three pounds heavier than at his weigh-in two weeks ago. Ford cancelled his weigh-in last week citing his busy schedule. METRO

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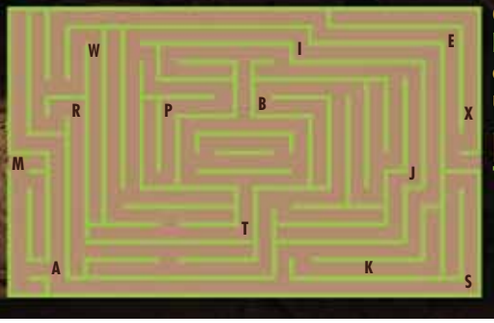


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Jasmin Razak, second from left, joined fellow community members Monday morning at Regent and Oak streets to discuss how the Regent Park revitalization effort has affected lives. Razak, a long-time Regent Park resident, recently moved from an old building to a newer one. LUCAS OLENIUK/TORSTAR NEWS SERVICE

# Residents rally against revitalization criticism

**Showing their support.** Regent Park residents say media stories criticizing revitalization effort are unfair, unfounded

**Cause and effect**

**"What's been lost in the discussion is the fact that profits from condo sales help fund the construction of rent-geared-to-income homes, and that at the end there will be more of that kind of housing."**

Kate Sellar, who moved into Regent Park with her partner two years ago

After teaching skills to other Regent Park residents at the local learning centre, Sureya Ibrahim walks home to her family in a new three-bedroom townhouse she loves.

Jasmin Razak has moved just outside of Regent Park, to a new Adelaide Street building, but returns almost daily to shop at the new supermarket, go to the new bank or earn some cash minding kids at the learning centre.

Human rights lawyer Kate Sellar visits the same shops, and on warm evenings pushes her seven-month-old son out of her Cole Street condo and through streets once known for gun calls and drugs.

The three moms were among more than 100 people who rallied Monday in front of a new Oak Street apartment building to show support for their neighbourhood's ongoing revitalization. They disputed recent columns by the Toronto Sun's Sue-Ann Levy. She suggested the celebrated effort to transform a troubled, stigmatized area into a safe, mixed-income neighbourhood has displaced many low-income residents, and quoted some who say they now feel unwelcome.

Levy also raised questions about condo purchases by two former Toronto Community Housing Corp. officials, executives of project developer Daniels Corp., and local Councillor Pam McConnell. The buyers say they got no special access or price, but the TCHC board is hiring Patrick LeSage, a former Ontario Superior Court chief justice, to conduct a review.

"I cried when I moved out of my old place," three years ago, Ibrahim said, explaining the uncertainty was scarier than living in the crumbling, depressing building demolished to make way for a FreshCo grocery store.

Two years ago, the mother of three moved into a new TCHC Regent Park townhouse with rent set at 30 per cent of her monthly income. In great condition, with two bathrooms, it has been a huge improvement.

"We thought we might be divided, us and people with more money. But we were part of the (planning) meetings, our voice was heard, and you cannot differentiate people living in the (market value) condos or (subsidized) townhouses," she said.

The 15-year Regent Park plan is to use profits from the sale of more than 3,000 market-priced condos to help pay for the replacement of 2,083 social housing units and to subsidize the cost of 700 affordable rental units.

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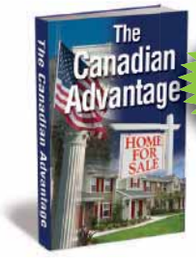


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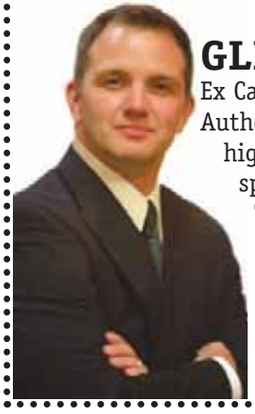

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# Smile, you're Canadian. United Nations report says we're a happy lot

Canadians are a cheery bunch. Ask the UN.

We're high up on the cheery ladder, according to a new United Nations report on the state of global happiness.

And Quebecers are the cheeriest of us all.

The World Happiness Report said the last 25 years have been especially satisfying for francophone Quebecers, compared to Canadians in other provinces.

"(They) have had … steadily growing life satisfaction compared to residents of the rest of Canada," it said,

The report, unveiled Monday at the UN's three-day Conference on Happiness, hosted by the Kingdom of Bhutan, also found the world as a whole has become a "little happier" in the last 30 years.

Canada ranked fifth behind Denmark, Finland, Norway and the Netherlands, in that order — but well ahead of the United States and the United Kingdom.

They ranked 11th and 18th, respectively out of 156.

Pointing to the "five important facets of life" — family, good health, income, sense of freedom and lack of corruption — Canada performs better than the U.S. in all but income, said John Helliwell, a University of British Columbia economist and co-editor of the 155-page report.

The five least-happy countries are Burundi, Sierra Leone, Central African Republic, Benin and, lastly, Togo.

TORSTAR NEWS SERVICE

**Laugh lines**

**The goal of the study is to compel governments to consider citizens' happiness level when making policy decisions, said John Helliwell.**

- **MONEY, MONEY.** Richer countries tend to be happier, the report found, but income is only one factor.
- **THE BEST THINGS IN LIFE ARE FREE.** "A lot of things that produce happiness don't take any resources at all," Helliwell said.

## Suddenly, two 'ordinary Joes' are instant millionaires

**They've always liked to call themselves "ordinary Joes." They can't any longer. Louis and Jo-Anne Chicoski from Thunder Bay have just been presented with a Lotto Max cheque for $50 million. So why not share a kiss to put the seal on a magic Monday. Will the windfall change their lives? Well, the 23-year couple can finally take the honeymoon they could never afford. "I've always wanted to see all of Canada, the most beautiful country in the world," says Jo-Anne.** CARLOS OSORIO/TORONTO STAR

# Five bad habits? Lose 7 years of life

A new study says smoking, alcohol, poor diet, lack of exercise and stress are costing Ontarians more than seven years of their lives.

Researchers found that 60 per cent of all deaths in Ontario can be blamed on those five unhealthy habits.

They say smoking, physical inactivity and poor diet each shave about two years off life expectancy.

They also say that overall, Ontarians would gain more than seven years of life expectancy if everyone were in the healthiest category.

"Individually, if we all make one change like smoking less or being more physically active, then collectively we would be significantly healthier and live much longer," said study author Doug Manuel.

Researchers were from the Institute for Clinical Evaluative Sciences, Public Health Ontario, Ottawa Hospital Research Institute and University of Ottawa.

THE CANADIAN PRESS

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Departs Apr 13/sgn/wg.

**Riviera Maya** 7 Nights 5-Star $391
*Grand Sirenis Mayan Beach* + taxes & fees $347
Departs Apr 8/vat/ts.

**Jamaica** 7 Nights 4-Star $597
*Holiday Inn Sunspree Resort* + taxes & fees $359
Departs Apr 20/nol/c6.

**St Lucia** 7 Nights 4-Star $648
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# Michael Rafferty trial.
# Jurors view site where Tori's body was found

Jurors in the case of a man accused of first-degree murder in the death of Victoria Stafford were given a first-hand look Monday at the farmer's field where the eight-year-old was killed.

They were at the scene southeast of Mount Forest, Ont., where the judge said he hoped the jurors would get a better understanding of the evidence.

Members of the media were allowed to view the area once the jury had left.

On Friday, the panel saw video and photos of where Tori's remains were found in July 2009, wrapped in a garbage bag and buried under a pile of rocks in a farmer's field.

Tori disappeared outside her Woodstock, Ont., elementary school on April 8, 2009, and she was allegedly killed the same day in the rural area more than 100 kilometres north of her hometown.

Michael Rafferty, 31, has pleaded not guilty to first-degree murder, sexual assault causing bodily harm and kidnapping.

Terri-Lynne McClintic, 21, is already serving a life sentence after pleading guilty to first-degree murder in Tori's death.

When McClintic confessed and later pleaded guilty, she said Rafferty had killed Tori using a hammer, but at the trial she testified it was she who dealt the fatal blows.

THE CANADIAN PRESS

Members of the media visit the crime scene. Markers had been placed to guide the jury's visit.
GEOFF ROBINS/THE CANADIAN PRESS

As winner of their charity boxing match, Liberal MP Justin Trudeau trims Conservative Senator Patrick Brazeau's ponytail in the foyer of the House of Commons Monday. For more see metronews.ca/features / ADRIAN WYLD/THE CANADIAN PRESS

# Trudeau celebrates latest victory over a Tory rival

A Conservative senator is sporting a new hairdo after losing a charity boxing match to Liberal MP Justin Trudeau.

As part of a bet, Patrick Brazeau had his long hair lopped off Monday in the foyer of the House of Commons.

He also must wear a Liberal hockey jersey with Trudeau's name on the back for the rest of the week.

Stylist Stefania Capovilla says she cut off eight or nine inches of Brazeau's hair.

Underdog Trudeau beat odds-on favourite Brazeau on Saturday night when the referee stopped the bout in the third round.

The Liberal MP and Conservative senator were fighting to raise money for cancer research. THE CANADIAN PRESS

Leaders summit

## Canada waits for invitation to join Pacific Rim group

Canada may have to give up its protectionist marketing boards if it wants to join a new free-trade group of Pacific Rim countries, U.S. President Barack Obama suggested Monday.

Prime Minister Stephen Harper got another expression of interest in a meeting with Obama in Washington, but hasn't yet received a formal invitation to join the Trans-Pacific Partnership.

THE CANADIAN PRESS

Health scare

## Minister Toews in hospital

Public Safety Minister Vic Toews has been taken to hospital in Ottawa.

It's not clear what condition he is suffering from.

A spokesman for Toews says the minister has been battling a seasonal flu for the last few weeks.

THE CANADIAN PRESS

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Oakland Police work after a school shooting at Oikos University in Oakland, Calif., Monday. A gunman opened fire at the university, killing seven people. NOAH BERGER/THE ASSOCIATED PRESS

# Deadly shooting brings scenes of horror to school

**Suspect.** Gunman identified as 43-year-old Oakland man

A gunman opened fire Monday at a small Christian university in California, killing at least seven people, wounding three more and setting off an intense, chaotic manhunt that ended with his capture at a nearby shopping centre, authorities said.

Police Chief Howard Jordan said Monday that One L. Goh is in custody after surrendering at a shopping centre about an hour after the shooting at Oikos University on Monday morning.

Authorities say he was a former student at the Christian school.

The gunfire erupted around midmorning at Oikos University.

Heavily armed officers swarmed the school in a large industrial park near the Oakland airport and, for at least an hour, believed the gunman could still be inside.

Art Richards said he was driving by the university on his way to pick up a friend when he spotted a woman hiding in the bushes and pulled over. When he approached her, she said, "I'm shot" and showed him her arm.

"She had a piece of her arm hanging out," Richards said, noting that she was wounded near the elbow.

As police arrived, Richards said he heard 10 gunshots coming from inside the building. The female victim told him that she saw the gunman shoot one person point-blank in the chest and one in the head.

THE ASSOCIATED PRESS

**Gunfire**

**"She was running. She was crying; she was bleeding, it was wrong."**
Paul Singh, brother of victim

## Sentencing. Court orders bin Laden family to prison

A Pakistani court sentenced Osama bin Laden's three widows and two of his daughters to 45 days in prison on Monday for illegally living in the country, ordering them deported when the sentence ends, their lawyer said.

With credit for time served, the women and several of their other children will leave Pakistan later this month, said lawyer Mohammed Amir Khalil.

They have been in detention since American commandos killed bin Laden in a large house in the Pakistani town of Abbottabad on May 2, but they were formally charged with immigration offences only last month. The Americans left the women and children behind in the house after they flew off with bin Laden's corpse.

The women may have information about how bin Laden managed to remain undetected for close to 10 years after the Sept. 11, 2001, attacks in the U.S.

The youngest, 30-year-old Yemeni wife Amal Ahmed Abdel-Fatah al-Sada, has told investigators bin Laden lived in five houses while on the run and fathered four children, two of whom were born in Pakistani government hospitals.

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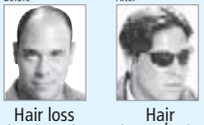
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# ‘Iran loves Israel’ breaks taboos

**Online campaign.** Leader of Iranian movement risks life to send out message of peace and love

KIERON MONKS
Metro World News

Iran is one of the most dangerous countries in the world for activists, and colluding with its enemy Israel is a serious offence.

But with the threat of war looming, 34-year-old Majid from Tehran believes his “Iran loves Israel” campaign is more important than safety.

“The peace movement needs more support,” Majid told Metro.

The landscape architect and father of two was inspired to act by a message from Tel Aviv, where Ronny Edry established an “Israel loves Iran” Facebook page last month.

It circulated rapidly and gained more than 50,000 fans — as well as inspiring a new wave of anti-war marches in Israeli cities.

“I thought Ronny’s action required reaction,” said Majid. “It was a message of peace and love and it was our choice to accept or deny.”

His reaction was to create “Iran loves Israel” fan pages and websites, which have gained more than 15,000 followers and goodwill messages from around the world.

More seriously, he has “broken the taboo” of contact with Israelis. Majid talks with activists from Ronny’s chapter and hopes to visit the Jewish state to step up a coordinated peace campaign. Both sides have fundraising efforts in place.

While the Israeli chapter has benefitted from democratic freedoms, it is not possible to generate the same momentum in a country with such oppressive security as Iran. State control of the Internet means that controversial pages are deleted and replaced with an “immoral website closed” label.

“There is a very strong secret police,” said Majid. He is disguised in his video broadcasts and never posts with his full name.

“Activism is practically impossible in Iran,” said Amnesty International Iran researcher Drewery Dike, pointing to campaigners who have been brutally tortured.

“This initiative is viewed as dangerous to social norms and it is inevitable it will be hacked,” he said.

“But it represents a broader public debate, a demand for fresh connections, and people are sick and tired of being inhibited by threats.”

Iranian landscape designer Majid, founder of the “Iran loves Israel” campaign, appears in this screen grab from a YouTube video. YOUTUBE.COMW

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**Inspired to act**

**“I risk my life because I believe in duty. I have to do something for my country.”**

**Majid, 34**
Started an “Iran loves Israel” counterpart to the “Israel loves Iran” online campaign

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# March weather was freaky: Study

March was nearly one degree warmer in much of the U.S. than the 1960-1990 average. SETH WENIG/THE ASSOCIATED PRESS

## 'March madness'.

U.S. agency says weather this spring was mostly not due to global warming

Freak chance was mostly to blame for the record warm March weather that gripped two-thirds of the United States, with man-made global warming getting only a tiny assist, a quick U.S. analysis shows.

For much of March, record temperatures hit as high as 20 degrees Celsius above normal and averaged about 10 degrees warmer than usual. The United States broke or tied at least 7,733 daily high temperature records in March, which is far more than the number of records broken in last summer's heat wave or in a blistering July 1995 heat wave, according to federal records.

The U.S. National Oceanic and Atmospheric Administration analyzed the causes and chances of what it nicknamed "meteorological March madness." Meteorologist Martin Hoerling said the main cause was a persistent warm wind sending toasty air north from the Gulf of Mexico. The study is not peer-reviewed and some outside scientists say it is short-sighted.

**Loaded dice**

Climate scientists say the world should expect more extreme weather — like the March heat wave — as the climate changes. But they also hesitate to attribute single weather events to global warming. Penn State University climate scientist Michael Mann said the longer term view is more important. "While it is true that individual weather events represent the random rolls of the weather dice, human-caused climate change has loaded those dice. That's why we're seeing sixes come up far more often than we'd expect from chance alone."

"Climate change was certainly a factor, but it was certainly a minor factor," Hoerling said.

He said the bigger issue was wind patterns. Low pressure in the Pacific Northwest and high pressure in New England created a perfect funnel, like the gutter lane in a bowling alley, for warm air in the Gulf of Mexico to head north.

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## Couric, Palin face off on morning TV

Nearly four years after they clashed in a memorable TV interview, Sarah Palin and Katie Couric face off again — this time in a morning-show battle royale. Viewers will cast their votes with their clickers Tuesday.

If you're a Couric fan who misses the Today show, then click to Good Morning America, where Couric is subbing all week for co-host Robin Roberts. Or tune into NBC's Today where Palin will serve as a guest host at Couric's old haunt. THE ASSOCIATED PRESS

Scientific discovery

## Findings suggest earliest use of fire

When did our ancestors first use fire? A new study concludes the earliest firm evidence comes from about 1 million years ago in a South African cave.

The ash and burnt bone samples found there suggest fires frequently burned in that spot, researchers said Monday. Over the years, some experts have cited evidence of fire from as long as 1.5 million years ago, and some have argued it was used even earlier, a key step toward evolution of a larger brain.
THE ASSOCIATED PRESS

Copyright claim?

## YouTube re-posts popular video

YouTube has re-posted a popular video of an Alberta man belting out Bohemian Rhapsody while riding in the back of an RCMP cruiser.

For several hours, the website said the video was no longer available due to a copyright claim by EMI Music Publishing.

"It seems like a mistake has been made," said Dylan Jones, a spokesman with EMI. He said the company often requests videos be pulled from the site if they are "disrespectful," but it did not in this case.
THE CANADIAN PRESS

## Protesters burn effigy of Prince William

Demonstrators burn an effigy of Prince William outside the British embassy in Buenos Aires, Argentina, Monday. The demonstration marks the 30th anniversary of the Argentine and British conflict over the remote South Atlantic archipelago, the Falkland Islands. In all, 649 Argentines, 255 British soldiers and three islanders were killed in the 74-day occupation ending when British troops routed the ill-prepared Argentines in hard-fought trench warfare. EDUARDO DI BAIA/THE ASSOCIATED PRESS

# Love isn't what it used to be: Oxford

**Language evolution.** Oxford dictionary updates outdated words and adds new ones, such as larping and scratchiti

Love isn't what it used to be, the editors of the Oxford English Dictionary report.

The evolving definition of love is an example of the many linguistic balls dictionary staff juggle to add worthy new words, update old ones and figure out which are flashes in the lexicographical pan like "phablet."

Romantic love, in the original 1928 edition of the OED, was an intense feeling for someone of the opposite sex.

"Obviously, that's problematic," said senior editor Katherine Martin. Several years ago, romantic love became known as intense feelings by one person for another.

With it came the new policy for its quarterly update: to add new words but also to fix some of the glaring lapses in language evolution.

"Hybrid" is now defined as an adjective but also a noun referring to a dual power road vehicle and the verb "to bust" includes a long list of things bustable: caps, humps, suds, moves and rhymes.

The word "phablet" was declared not ready for prime time, said Martin. Meaning an oversized mobile device that functions as a phone and small tablet, "phablet" hasn't yet proved it has the staying power to be in the OED.

While "dogoir," a memoir of a dog, may have 449,000 Google hits, it warms no OED hearts so far. TORSTAR NEWS SERVICE

New words

**1,700**

Among the 1,700 words that made the OED online cut in the March quarterly release are "larping" (live action role-playing, first used in 1990) and scratchiti, which means words or images engraved or etched illegally into surfaces in a public place.

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# Technical failure cited in deadly Russian plane crash

**Twelve hospitalized, 31 killed.** No basis to suggest improper de-icing of twin-engine turboprop was cause of the crash

Russia's civil aviation chief says the plane that crashed Monday into a snowy field in Siberia, killing 31 people, appears to have been improperly de-iced.

However, the official said there was no indication that had caused the crash.

The twin-engine turboprop belonging to UTair crashed shortly after take-off Monday from the snowy western Siberian city of Tyumen. There were 43 people aboard; twelve have been hospitalized in serious condition.

The state news agency RIA-Novosti quoted Rosaviatsiya head Alexander Neradko as saying there was evidence "that the treatment of the plane with de-icing agents was not done at the necessary level." Though he also said there was no basis yet "to connect this with the cause of the crash."

The ATR-72 took off at 7:40 a.m. from Tyumen, a regional centre in Siberia about 1,700 kilometres east of Moscow, heading for the oil town of Surgut, about 650 kilometres away.

The plane came down in a field about three kilometres away from the Tyumen airport, breaking into three sections upon impact.

Part of the plane was destroyed by a fire that burned at least six people to death, said police.

Investigators said evidence so far points to a technical failure of the French/Italian-made aircraft. They noted that witnesses reported seeing smoke coming from its engines as the plane came down and said its pilots had tried to return to the airport.

The federal Investigative Committee said while equipment failure appeared to be the most likely cause of the crash, pilot error or mistakes by traffic controllers had not been ruled out.

The plane was built in 1992 and had been part of UTair's fleet since 2008.

All of the 39 passengers and four crew were Russian.

Russia has seen a string of deadly crashes in recent years.

THE ASSOCIATED PRESS

Russian police guard the site of the ATR-72 plane crash outside Tyumen, a major regional centre in Siberia. RUSSIAN GOVERNMENT PHOTO/THE ASSOCIATED PRESS

# Nurse convicted of killing patients with bleach

A former Texas nurse convicted of killing five dialysis patients by injecting them with bleach should spend the rest of her life in prison with no chance of parole, jurors who earlier convicted the woman of capital murder said Monday.

Kimberly Saenz was convicted Friday of killing the patients at a clinic run by Denver-based health care giant DaVita Inc.

She also received three 20-year terms for aggravated assault in the cases of five other patients who were deliberately injured at the facility in East Texas.

Jurors spent about 45 minutes deliberating before returning with a decision on the punishment. They also could have recommended that Saenz receive the death penalty.

"I was hoping for the death penalty but I'm all right," said Wanda Hollingsworth, whose mother was among Saenz's victims.

Given a chance to address Saenz after the jury left the courtroom, Hollingsworth said she was "nothing more than a psychopathic serial killer."

"You have disgraced your family and the medical field," said Hollingsworth, a nurse herself. "I honestly say I hope you rot in hell."

Marisa Fernandez, whose grandmother also was among the patients who died, said she was satisfied with the sentence.

"It is my duty as a Christian to forgive you," she told Saenz. "And I will. I just hope for your sake you can reach out and ask forgiveness for yourself."

Saenz was fired in April 2008 after a rash of illnesses and deaths at the clinic in Lufkin, about 200 kilometres northeast of Houston.

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## Air Canada. Machinists' union heading to court

The International Association of Machinists and Aerospace Workers (IAMAW) said Monday the union will take the government to court over the measure known as Bill C-33 used to prevent some 8,300 IAMAW members from striking on March 12.

The challenge by the machinists follows a similar filing by the union representing Air Canada's pilots, who filed a suit in Ontario Superior Court last month.

Both groups, which together represent more than 11,000 airline employees, are the last group of workers without updated collective agreements.

The pilots said the law that forces them to fly and accept a contract imposed by arbitration is contrary to Canada's Charter of Rights and Freedoms.

The machinists union said the move has now thrust it into an arbitration process it calls biased, removing its Charter right to free association.

THE CANADIAN PRESS

## Lawsuit. U.S. accuses RBC of sham trading

Royal Bank is defending itself against what it calls "absurd" allegations from U.S. regulators that it engaged in hundreds of millions of dollars in sham futures trades to reap tax benefits on its holdings of company stocks.

The Commodity Futures Trading Commission lawsuit filed Monday says Royal also concealed the true nature of the trades and made false statements to a futures trading exchange.

The activity, so-called "wash trading" is an illegal stock trading practice in which an investor simultaneously buys and sells shares in a company through two different brokers, usually to avoid taxes.

Royal defended its position in a statement late Monday, saying that it consulted stock exchanges and the commission itself for guidance when the trades were made and there was no objection from either.

THE CANADIAN PRESS

**Market Minute**

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**GOLD** $1,679.70 US ($7.80)

**Natural gas:** $2.15 US (+2.6¢)
**Dow Jones:** 13,264.49 (+52.45)

**Data breach**

### Visa drops Global Payments from approved list

As many as 1.5 million credit cards in North America were compromised by a data breach last month at Global Payments Inc.

Visa has since dropped Global Payments from its list of approved third-party companies that process credit card payments between retailers and banks. THE ASSOCIATED PRESS

**Social networking**

### Now even the U.S. president is on Pinterest

U.S. President Barack Obama has joined Pinterest, the popular online message board, where users organize and share things they love. His account has a variety of postings about himself and his family, including the family's favourite chili recipe as well as his varied public appearances and activities. TORSTAR NEWS SERVICE

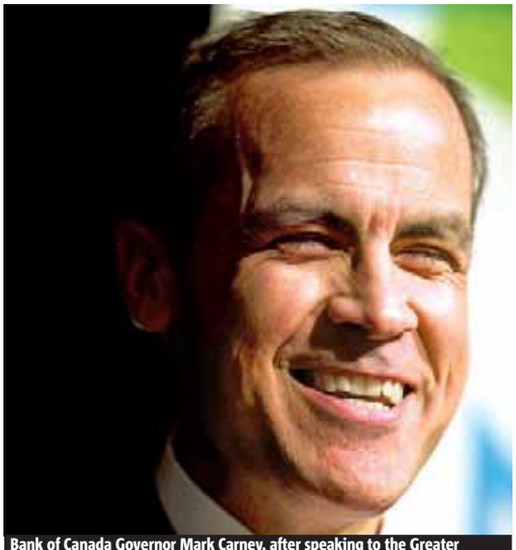
**Electric car**

### GM suspends Volt production for another week

General Motors will suspend production of the Chevrolet Volt for an extra week this summer as it tries to control the electric car's inventory.

But the company says sales picked up in March to a record of more than 2,000, and it may cancel the extra week if sales stay strong. THE ASSOCIATED PRESS

# Economy needs firms to look to emerging markets: Carney



Bank of Canada Governor Mark Carney, after speaking to the Greater Kitchener-Waterloo Chamber of Commerce in Waterloo, Ont., on Monday.
FRANK GUNN/THE CANADIAN PRESS

**Global trade.** Bank of Canada governor issues sternest warning to date about the country's lagging export record

Canada's economy is underperforming because firms have failed to take advantage of turbo-speed growth in emerging markets, says Mark Carney, citing the worst post-slump trade performance in six decades.

In a speech prepared for a Kitchener-Waterloo business audience Monday, the Bank of Canada governor characterized the country's export record since 2000 as a dismal failure.

It is the worst post-recession record of any recovery since the Second World War, he said, adding that aside from the United Kingdom, it is currently the worst in the G20 club of major economic nations.

Carney wants Canadian businesses to turn their attention away from traditional markets like the United States and focus on booming economies in Asia.

"Exports have not regained their pre-crisis peak, and in fact remain below their level of a decade ago," he said.

"The combination of overexposure to the U.S. market and underexposure to faster-growing emerging markets is almost entirely responsible."

Referring to Canada's current economy, Carney had relatively positive things to say.

With Europe's debt problems improving and as the recovery in the U.S. picks up steam, the headwinds that have held back Canada's economy are abating.

For the economy to expand in the future, it must ramp up on exports, and businesses must become more innovative and invest in machinery and equipment, he said.

THE CANADIAN PRESS

**Business boost**

**"This was essentially a pep talk for business."**
Economist Michael Gregory, BMO Capital Markets

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# JUNK FOOD: A CURE FOR THE COMMON CRAVING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Last week I was terribly sick in the sore-throat, runny-nose, end-of-days kind of way that everyone experiences during this awful, not-quite-winter, not-quite-spring time of year.

According to common cold logic, being sick gives you licence to do things you wouldn't usually do. I spent my recovery period watching bad romantic comedies and eating junk food. Yes, instead of loading up on oranges and soothing chicken noodle soup I found myself shame-eating instant mac and cheese alone in bed. I'm not proud of it people.

Ninety per cent of the time I worship at the altar of kale salads and cauliflower pizza crust, but when my immune system is down I turn to comfort food. While it makes me feel better in the very immediate short term, flu-related binging almost always results in a trans-fat induced spiral of regret.

**Eat like our ancestors**

**One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids.**

This is hardly surprising of course; junk food consumption does in fact have a direct impact on your mental health, according to a recent study published in the March 2012 edition of Really Obvious Facts, ahem, I mean, the journal of Public Health Nutrition. The research revealed that individuals who consume fast food on a regular basis are 51 per cent more likely to develop depression symptoms, compared to those who eat little or none. We can assume the appendix of the study was titled DUH!

But even though we know better (pink slime anyone?) why do we give in to these unwholesome cravings? It seems that junk food is the culinary equivalent of a Real Housewives franchise: highly processed but surprisingly satisfying.

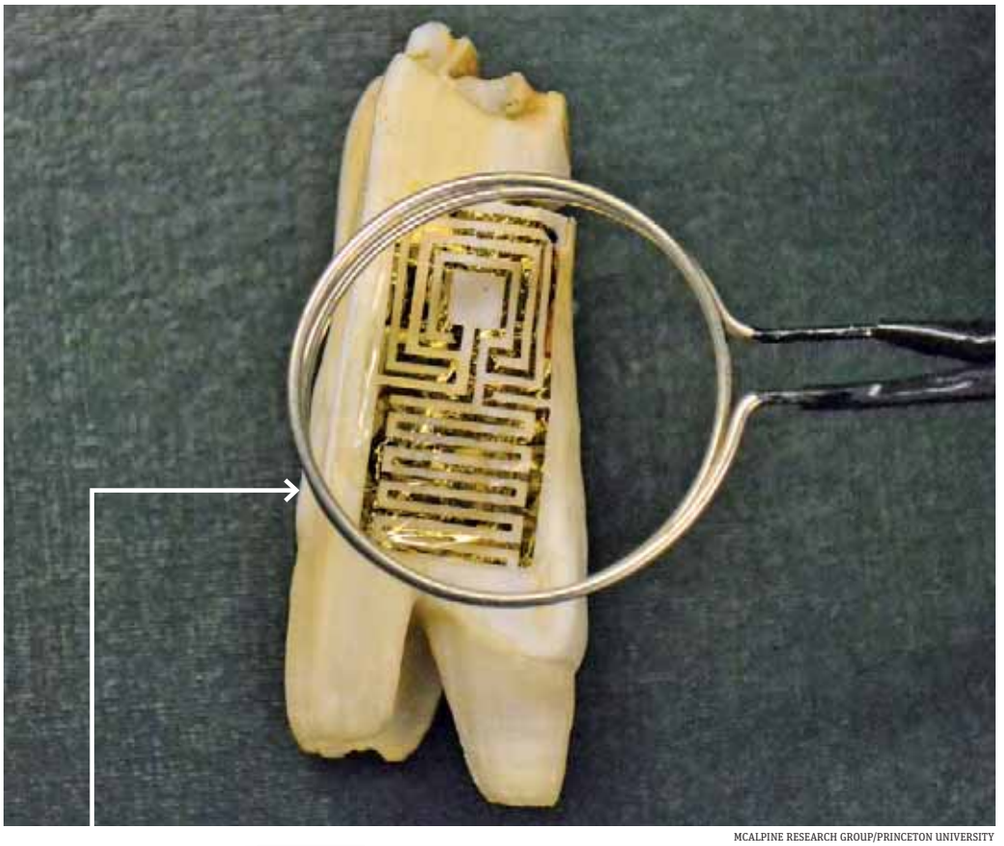
Sometimes the difficult part isn't knowing what not to eat, but what we actually should be eating. Every week there is a new cancer-causing food group to avoid. Beware, the evils of gluten, renounce your love of dairy, forget the farmed salmon, cut back on raw vegetables … begin to live in fear of all edibles!

One of the latest food fads, the Paleo Diet, has modern men and women mimicking the presumed dietary patterns of ancient cave-dwelling hominids. Cave-person dieters are limited to Stone Age staples such as fish, root vegetables and nuts while eliminating hunter-gatherer foods such as dairy products, grains, legumes, sugar, salt and basically anything delicious. Personally I prefer to subscribe to the low-maintenance doctrine of "everything in moderation."

Some of the best food-related advice I ever received was this: when you're at the grocery store, shop around the perimeter. Here you'll find fresh fruits and vegetables, lean protein, whole grains — basically the entire rainbow of items featured on Canada's Food Guide. What you won't find: brownies, frozen pizza (in deep dish, pop or pocket form), and yes, sadly instant mac and cheese.

**With so much information circulating about what is healthy and what isn't, sometimes you have to go with your gut instinct.**
RAFFI ANDERIAN/TORSTAR NEWS SERVICE

# This tooth fights an ache



MCALPINE RESEARCH GROUP/PRINCETON UNIVERSITY

**Tonsil detection**

## Tooth tattoo detects illness

**PRINCETON, N.J.** We've all heard about having a sweet tooth, but scientists now claim that in a few years from now we could have a disease-detecting tooth working inside our mouths. Michael McAlpine and his team at Princeton have developed a "tooth tattoo" that can sense bacteria in people's breath. **METRO**

**60 seconds**

Michael McAlpine

## Detecting cancer

**How does this device work?**
It's made from graphene, a one-atom-thick layer of carbon that's an excellent conductor. After a student breathed on the tooth we used in the experiment, the molecules interacted with the graphene's sensors and gave an electronic, computer reading.

**Any potential benefits?**
It'll be able to detect H. pylori, a bacterium that causes stomach ulcers and cancer. Plus, it also heralds in a new way of detecting diseases.

**When do you plan to put this device on the market?**
We think in five years' time.

**And you think people will put it on their front teeth?**
It can be made small to fit on back teeth but could double up as a trendy-looking "tooth tattoo." **ANTHONY JOHNSTON/METRO**

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**@LouieChriss:**
Stanley Cup playoffs.. I smell a series we won't forget..History Will be made #PensFlyers

**@tgrahamjames:**
@deadmau5 Gonna give Buble a run for his money for the Juno next year!

**@proraga:**
You know your getting old when there remaking total recall wonder if Colin Farrell will out do arnie ?

**@Toronto_Music:**
LOVE [the] shot of Feist on the cover of today's Metro

**@CaseyPsionIM:**
Excited to see Big Joe Colborne tonight vs Buffalo. Burke has done a marvelous job working the 4 person after trade deadline call up rule

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2

SCENE

Scene in brief

## Sheen gets pranked

How about a sequel to The Artist starring Charlie Sheen? The actor says he wouldn't hesitate for one minute if the project was proposed to him. At least, that's what he told a Montreal radio personality who was pretending to be the film's award-winning actor Jean Dujardin. The notorious comedy duo known as the Masked Avengers called up Sheen two weeks after the Oscars and asked him if he would like to be in a sequel. The actor congratulated "Dujardin" on his Oscar win and said he'd love to work with him. The Montreal pranksters have engaged in stunts involving Bill Gates, Britney Spears, Paul McCartney and, perhaps most famously, Sarah Palin during the 2008 U.S. election.

THE CANADIAN PRESS

On the web

Trailer from Sparkle, the late Whitney Houston's upcoming film, debuts on Today show

# It's time to play catch-up

Like any high school reunion, getting the American Pie cast back together for American Reunion leads to the obvious questions about what they've all been up to. Here's an update:

NED EHRBAR
Metro World News in Hollywood

### Jason Biggs (Jim)

After films like Saving Silverman and Loser, Biggs has been focusing on TV. He is currently voicing Leonardo on Nickelodeon's new Teenage Mutant Ninja Turtles series.

### Alyson Hannigan (Michelle)

She's come a long way since 'this one time at band camp.' The biggest success of the bunch, Hannigan has been starring on How I Met Your Mother since 2005.

### Seann William Scott (Stifler)

After a string of strong comedy films like Dude, Where's My Car?, the Rundown and Role Models, he completed a stint in rehab prior to filming American Reunion.

### Thomas Ian Nicholas (Kevin)

A child star before American Pie, Nicholas has shifted his focus to music — and even has a song on the American Reunion soundtrack.

### Chris Klein (Oz)

After a pair of DUI-related arrests and a stint in rehab, Klein is mounting a comeback, starting with a recurring role on the FX series Willard.

### Eddie Kaye Thomas (Finch)

Thomas has worked steadily on screen and stage in smaller projects, with recurring roles in the Harold and Kumar franchise and the American Dad animated series.

### Tara Reid (Vicky)

After a rocky decade filled with critical career bombs, reality TV meltdowns and problematic plastic surgery, Reid appeared on Celebrity Big Brother UK last year.

### Mena Suvari (Heather)

Suvari made waves with American Pie and American Beauty in the same year. Recently she has popped up on American Horror Story.

### Natasha Lyonne (Jessica)

Went through numerous drug-related hospitalizations, arrests and rehab stints, now getting back to work with American Reunion and Abel Ferrara's 4:44 Last Day on Earth.

### John Cho (John, party guy)

Cho launched a catchphrase and a successful career off one key scene in American Pie, and went on to star in franchises like Harold & Kumar and Star Trek.

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Seann William Scott has turned the supporting role of Stifler into the face of frat boy swagger. HANDOUT

# Actor makes peace with his party boy persona

**American Reunion.** Seann William Scott loves playing Stifler and no longer worries about cast typing

NED EHRBAR
Metro World News in Hollywood

While Stifler, the obnoxious jock played by Seann William Scott, was just a supporting role in American Pie, his manic energy and brash chauvinism helped him to steal every scene he was in and catapulted the first-time actor to stardom. And while the character became more prominent over the course of the two theatrically released sequels and the new American Reunion, more Stifler time always makes Scott nervous.

"I think the character is effective when he's used just the right amount," Scott says. "I didn't want him to have too much of a story arc because I don't think he's the kind of guy I really want to know why he is who he is. He shouldn't grow up too much. That'd be boring."

**Quoted**

**"I'm never going to win an Academy Award anyway, so I might as well go have fun ..."**
Seann William Scott on playing Stifler

Fun aside, there's also the strain Scott can feel playing the rapid-fire jock. "In the third one I was like a cartoon character almost — which I thought was fun — but I just don't know how to do that. I'm 35 now," he says. "I was drinking a lot of coffee to try and sustain that at first."

That being said, Scott insists he's come to peace with how big a part of his life Stifler continues to be — and he's happy to have him. "I'm at a point now where having this much fun with these guys means more to me now as an actor," he says. "I mean, I've been stressed about, 'Well I don't want to be known as this character forever.' I don't give a s–.

"The character's f–ing fun. And I love these guys."

**Drama**

## War Horse

**Director.** Steven Spielberg

**Stars.** Jeremy Irvine, Emily Watson, David Thewlis

If you thought director Steven Spielberg couldn't top himself for manipulating audiences, you didn't reckon with War Horse.

The year is 1914. A dirt-poor and drunken farmer, Ted Narracott (Peter Mullan), buys a frisky thoroughbred for his son, Albert (Jeremy Irvine). Ted's wife Rose (Emily Watson) is furious: the farm needs a plough horse, not a show horse. But the British Army needs horses to battle the Germans even more and Joey is tearfully sold to the war effort, but not before Albert vows to him, "I solemnly swear we'll be together again." Watching War Horse is like turning the pages of a long children's book. But the film succeeds in dramatizing the message that humanity must triumph even in times of great inhumanity.

PETER HOWELL

**Documentary**

## Benda Bilili!

**Directors.** Renaud Barret, Florent de La Tullaye

**Stars.** Leon Likabu, Roger Landu, Coco Ngambali

On the poorest streets of Kinshasa, capital city of the Democratic Republic of the Congo, even a dirty piece of cardboard is a status symbol. The setting could hardly be more depressing, and the documentary Benda Bilili! makes no attempt to hide it. From out of the gloom comes the hypnotic grooves of a band called Staff Benda Bilili. The name means "look beyond appearances," and the members of this remarkable musical collective do just that. They celebrate their life in song and whatever moves they can manage. Many of them are paraplegics, unable to move their legs. Yet they all seem possessed of an irrepressible spirit.

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Gotye GETTY IMAGES

# Gotye introduces us to more people he used to know on his new album

**Man of the hour.** Belgian-Australian singer talks about his eclectic musical style and what inspires him

HEIDI PATALANO
scene@metronews.ca

Gotye isn't terribly worried about being upstaged by a viral YouTube cover of his international hit, Somebody That I Used To Know. Even though the video, in which five people pluck out his song on one shared guitar, was at one time more famous than his own.

"On some level it makes me feel like maybe the song doesn't really belong to me anymore," says the singer born Wouter De Backer.

"I've just written this song that has an energy all of its own and it's almost unconnected from me as an artist, producer or singer even, which is kind of cool. I think it's a really interesting energy to be related to."

Whether or not the song still "belongs" to Gotye (it's pronounced gaut-tee-yay, by the way), he has earned heaps of praise for his latest album, Making Mirrors, which features a diverse range of sounds — everything from that acousticky folk of Somebody to feel-good pop to Motown to hints of dubstep.

It's all over the place, but the Belgian-Australian singer assures us that there is a method to his schizophrenic madness.

"I really like diverse records and I'm a big fan of bands like Ween who bring a lot of different strands together and just explode outwards in lots of different directions in one album, but I think there's a thread there that holds it together," De Backer says.

"I don't know if coming from Australia is part of it, but I think I sometimes just have a whimsical, idiosyncratic range of tastes in music and I try to find a way to make sense of them all and find a way to make them all live together. I may or may not have succeeded with that on some instances on the record."

**Q & A with Gotye**

- **So who is that "somebody" that you used to know?** "I've talked to a few different ex-girlfriends in the last year since the song came out, but it's not written about one particular relationship."
- **That's what everyone says.** "But it's true! I look at different lines in the lyrics and I can see specific moments or people in certain lines and then there are other lines in the lyrics that I kind of go, 'well, that's just fiction.'

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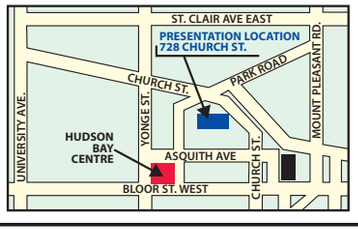
The Christadelphians

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# ‘Free to go straight to the action’ in season two of popular period drama, The Borgias

**The son will rise.** The Borgias star François Arnaud promises his character Cesare will be anything but passive this season

IAN JOHNSTON
scene@metronews.ca

For François Arnaud, the trick to acting on The Borgias is to keep it “real and relatable.” That’s no easy task considering Arnaud’s playing the 15th century black sheep son of a philandering, murdering Pope.

“But the character still has to ring true to people,” says the Montreal-born Arnaud, who plays Cesare Borgia in the Gemini-winning period drama, which returns for season two on April 8th.

“The goal is to not be stylized or theatrical but to keep it lively and modern. The way the relationships work is really no different than how they’d play out today.”

In the second season of The Borgias, Cesare continues to find himself on the outs with his father — Pope Alexander (Jeremy Irons). Alexander still favours his much more inept son Juan.

But unlike in the past, Arnaud says his character won’t just stay angry. He’ll “take action” this season.

“I think, in the first season, he (Cesare) didn’t do much because he was very much a teenager. Now, he’s very different. He’s less angry. He takes responsibility for himself and his family,” he says.

“The rivalry with my brother also rises to a new level. And Cesare no longer feels he has to follow his father’s wishes. But he doesn’t want to be pope himself. No. That comes with a lot of baggage,” laughs Arnaud.

Beyond his character, Arnaud promises a more action-packed season for Borgias fans.

“First season of any show, especially a period drama, tends to be expositional. You have to explain the world and set things up. But in this new season, we are free to just go straight to the action.”

Season two of The Borgias premieres Apr. 8 at 10 p.m. (ET) on Bravo!.

**We can relate**

**“The goal is to not be stylized or theatrical but to keep it lively and modern. The way the relationships work is really no different than how they’d play out today.”**
François Arnaud

François Arnaud as Cesare Borgia HANDOUT

**The times are changing**

## *On location: Evolution of Budapest bittersweet*

The actor says the experience of shooting just outside Budapest, Hungary, has also proven to be “very exciting.”

“Twenty years earlier, they were living in a communist country. So you can really feel a lot of excitement,” he says.

“Some of it’s good. Some not good. Just since I’ve been filming there, I see Starbucks springing up.

“There’s something sad about that. Like every city in the world is becoming a look-alike.”

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# I award you no points: Sandler sweeps the Razzies

Adam Sandler ALL PHOTOS GETTY IMAGES

Adam Sandler has a new record, but it's probably not one he wants to brag about. The actor's gender-bender comedy Jack and Jill — in which he played male and female twins — earned 10 of the 12 Razzies for which it was nominated over the weekend.

The Razzies — or Golden Raspberries — celebrate the worst in film each year.

"It's not really a clean sweep," Razzies founder John Wilson tells People magazine. "So it will go into the record books with an asterisk."

The previous record-holder for most wins was Lindsay Lohan's 2006 film I Know Who Killed Me.

# Stork brings Bruce Willis one more baby girl

Bruce Willis and Emma Heming welcomed a baby girl, Mabel Ray, over the weekend, according to Entertainment Tonight. The new parents are "overjoyed" about the arrival, according to their reps.

Mabel weighed in at nine pounds, one ounce. This is the first child for the couple, who tied the knot in 2009. Willis has three daughters with ex-wife Demi Moore.


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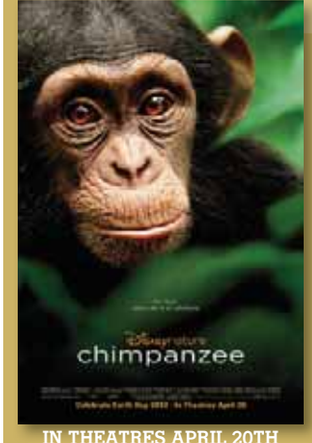


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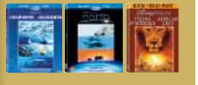

IN THEATRES APRIL 20TH

DISNEYNATURE will donate portion of first week box office for CHIMPANZEE to the Jane Goodall Institute Canada through "SEE 'CHIMPANZEE,' SAVE CHIMPANZEES" program.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

## More children, less money, way more problems

THE WORD
Dorothy Robinson
scene@metronews.ca

Well, after years of squawking about how the Octomom is going to be a welfare mother, it looks like all of our tsk-tsking is going to come true. Nadya Suleman, mom to 14, is now on welfare — and is receiving death threats because of it.

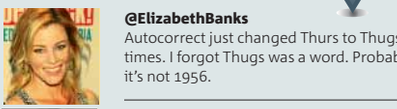
She tells TMZ.com, the $2,000 a month she gets from the State of California in food stamps is to avoid "becoming totally destitute."

According to TMZ, since the welfare news broke, she's been receiving death threats but she feels people should be directing their anger toward those "who are abusing the system and not at her."

What about stupid people who abuse fertility drugs to have way more children they — and society — can't possibly support in a misguided attempt at fame?

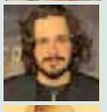
Where do we direct that anger toward?

Twitter

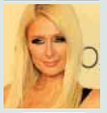




**@ElizabethBanks**
Autocorrect just changed Thurs to Thugs three times. I forgot Thugs was a word. Probably because it's not 1956.



**@edgarwright**
A simple internet rule is this: don't get your news from film sites that either don't watch films or seem to hate them all equally.



**@ParisHilton**
In bed trying to figure out which movie to watch. Deciding between The Tree of Life, Horrible Bosses, The Grey & Tangled. Thoughts?

**@AlbertBrooks**
Have a pretty funny joke about Lincoln but I think it's too soon.

Adam Levine

# Ladies of the world rejoice: Adam Levine is single

Adam Levine and model Anne Vyalitsyna have broken up, according to Hollyscoop.

The very high-profile couple was previously seen walking the Victoria's Secret runway hand-in-hand and posing nude for Vogue Russia together last November, but apparently all wasn't well at home, as Levine and Vyalitsyna "got into a big fight in January" that nearly ended the relationship, a source says.

"Adam and I have decided to separate in an amicable and supportive manner," Vyalitsyna says in a statement confirming the split. "We still love and respect each other as friends, I wish him all the best." The pair met in 2010 at a Sport Illustrated swimsuit issue launch event where Maroon 5 was also performing.

# Kutcher as Jobs? How do you like them Apples?

Two and a Half Men star Ashton Kutcher knows how he's spending his summer vacation: playing tech guru Steve Jobs in a film about the life of the late Apple mogul, according to Variety.

The film, to be directed by Joshua Michael Stern, will follow Jobs' rise to power. Of course, there's some competition, as Sony Pictures is developing a rival Jobs biopic, though there's no word on who will play the computer pioneer in that film.

# Learning archery goes a long way for one hungry actress

**Olympic archer Khatuna Lorig trained Hunger Games star Jennifer Lawrence.** She tells Metro how she transformed the actress into an archer

ROMINA MCGUINNESS
wellness@metronews.ca

Jennifer Lawrence had to train for months to become a decent archer for The Hunger Games movie. HANDOUT

Shooting a bow and arrow isn't as easy as it looks in The Hunger Games. Without steady poise, physical strength and mental focus, it's unlikely you'll hit a target, much less a genetically mutated beastie. Just ask star Jennifer Lawrence, who had to practice so much, she ended up carrying the equipment around in her car.

In order to look and shoot like a professional archer, Lawrence trained with Khatuna Lorig one hour a day, for 15 days. Lorig's first tip: An archer needs to be standing correctly. Holding a bow with a bad posture could cause unnecessary injuries.

"If you're standing correctly you will have less pain and more pleasure," says Lorig.

This is how it's done.

**The Alignment Drill**

How does the body need to be aligned as you shoot?

"First, make sure your shoulders are lined up. From here, hold your bow in your hand and stand perpendicular to your target. Get into position by making a 'T' shape with your arms; open them up bending one arm to your face, touching your chin and using the other arm, your 'bow arm' to aim at the target," explains Lorig.

**The advantage of being long and lean**

Lawrence has the perfect body for archery. She's tall (around 5-8) with long arms and a long neck.

"Long limbs are perfect for archery as it's easier to get into the alignment drill," adds Lorig. Once Lawrence could handle the bow with ease, Lorig wanted her technique to look natural. Moving on from the static alignment drill, she got her to shoot from longer distances and from a crouching position, with one knee down on the ground — a move she would be required to master on set.

**Arm strength**

Although Lorig admits her only exercise is archery, she doesn't dismiss the benefit of arm strength when it comes to improving technique.

Quote

**"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique."**
Olympic Archer Khatuna Lorig

"Arm strength is very important for an archer. Jennifer trained with a 15-pound wooden bow — and the one she uses in the movie was probably lighter than that — but professional archers can hold up 45- to 50-pound bows," explains Lorig.

Adding press ups or light weight lifting to your exercise routine will help build arm strength, allowing you to keep a tighter grip on your bow, which in turn will precise your aiming skills.

**Mental focus is crucial when you are aiming**

"The moment you throw the bow back, you need to block everything else out. Isolate all the noises around you and try and stay focused on your technique, keeping your mind as sharp as you can," explains Lorig.

**How can you get the perfect aim?**

According to Lorig, there's no trick to having the perfect aim.

"The trick is training all day, every day and shooting about 400 to 500 arrows each time. Without practice, there's no way you'll make the perfect shot."

**On a scale of one to 10, how does Lorig rate Lawrence's archery skills?**

"I would give her a seven or eight out of 10. Her performance in the movie was very good considering I didn't train her on set."

## 3 LIFE

Living well

### Surviving without food or water?

**Humans can survive 30 to 40 days without food, providing they are properly hydrated. On the other hand, surviving that long without water is virtually impossible. Besides oxygen, it's the most important nutrient for the body. Expect to last between two to 10 days without it.**

Health

### Berries can help you

**Berries are bursting with antioxidants. They also have remarkable anti-inflammatory and immune-system-boosting properties. One portion (one cup) a day is enough to reap the full health benefit.**

METRO WORLD NEWS

On the Web

**Foul smelling urine in young kids may be sign of urinary infection: study**

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IRRITATED
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HOPELESS
BAD
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Paying attention to those feelings is part of dealing with your mental health. The more you look after it, the healthier your life will be. Sadly, some people live with those feelings every day. Even worse, they must live with the stigma and lack of support that goes with it. Mental health in Canada must change. It will take all of us to make it happen.
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Thoughts on...

## Surrendering to a higher purpose

While many perceive the word "surrender" to mean something negative, such as weakness, giving up to the enemy, or allowing another to dominate or take control of you, it's anything but that.

It's more about accepting, allowing on the inside regardless of what's happening on the outside. It comes by developing a sense of trust that all things that occur in your life come about as a result of achieving and serving a higher purpose.

When tempted to struggle or resist, surrender your need to control in a mental and/or emotional sense and let yourself be amazed.

Surrender is easier than you think.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW.

# Who knew eating delicious chocolate can be healthy?

**Sweet treat shown to have health benefits.** New study shows chocolate can help to boost metabolism and burn calories

CELIA MILNE
wellness@metronews.ca

Chocolate just took one step closer to being a vegetable. A recent study conducted in San Diego found that those who eat chocolate frequently are thinner than those who don't.

"Chocolate is rich in plant-based compounds that have antioxidant and other favourable metabolic effects. It is my favourite vegetable," lead author Dr. Beatrice Golomb told Metro.

Even though chocolate is full of calories, fat and sugar, it also seems to boost our metabolism and help us burn calories, surmised Golomb, who is an associate professor in the department of medicine at the University of California in San Diego.

The key seems to be to eat modest amounts regularly. In the study, 1,017 men and women were asked how many times a week they consumed chocolate.

Those who ate chocolate more often had a lower BMI than those who ate it less frequently. Researchers made sure, when assessing the data, that this wasn't because chocolate eaters ate fewer calories or exercised more. Indeed, the differences in BMI could only be explained by chocolate.

In previous studies, chocolate has demonstrated benefits to insulin sensitivity, blood pressure and cholesterol levels. It is rich in phytonutrients, just as vegetables are.

Golomb says that the composition of calories, not just the number of them, matters in determining body weight.

The article was published online in the prestigious Archives of Internal Medicine on March 26.

**Quote**

**"Chocolate is rich in plant-based compounds that have antioxidant and other favourable metabolic effects. It is my favourite vegetable."**

**Dr. Beatrice Golomb**
Talking about the benefits of chocolate

Chocolate lovers will be happy to hear some of the new benefits the treat has. ISTOCK PHOTOS

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Best Health

## *Celebrity beauty secrets*

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

One of Best Health magazine's four pillars is our Look Great section, where we showcase cool new beauty products, explore the science of various skincare ingredients and offer ideas for looking your best.

This month we asked 11 Canadian celebrities how they get ready for a night out when they don't have a makeup artist or hair stylist on hand.

Here are three of them.

**Kim Cattrall**

The actress who played Samantha on Sex and the City, and recently starred with Paul Gross in Noel Coward's play Private Lives, scrubs her skin vigorously in the shower.

"Exfoliating wakes me up, and I often scrub twice a day."

She uses moisturizers liberally, and especially remembers her hands.

**Sitara Hewitt**

She plays Dr. Hamoudi on the popular TV show Little Mosque on the Prairie, which just aired its final episode.

"When I'm going out somewhere special with my husband or friends, the first thing I do to look good is to get enough sleep. So I try to get a 30-minute nap: it works wonders on my looks and mood."

When it comes to make-up, she says to go easy.

"I like a light hand, and I go for glowy and bronzed. I'll put a little Guerlain kohl around my eyes for an exotic look, and a juicy lip gloss."

**Natalie MacMaster**

The famous fiddler from Nova Scotia is a mother of four children under six years of age, and has another due this summer.

"We like having people over and it's very family friendly. I'll play up my hair with a little mousse or gel, then I add curls with a curling iron. For makeup, filling in my eyebrows makes a difference. I can't do manicures though; I need to keep my calluses for music! I don't even put my hands in water."

For eight more celebrities' beauty tips, pick up your copy of Best Health, on newsstands now.

# Powerful energy and a commitment to finding happiness

**Spring is the perfect time to rejuvenate your soul.** Find new ways to kick start your life as a city dweller

GABRIELLE BERNSTEIN
life@metronews.ca

Springtime ignites a whole new attitude in people living in the city. The heavy layers come off, the Frisbees start flying and a state of new found happiness sets in. This spring season, amp up your good vibes with my tips for happiness.

**Spring clean your mind**

Spring offers us an awesome opportunity for cleaning house. Rather than put so much emphasis on spring-cleaning your closet, though, why don't you clear out some of the clutter in your mind?

There's likely a thought (or several) that has been holding you back and keeping you stuck.

Get honest with yourself about the negative thoughts that are limiting you and commit to a mental spring cleaning. The simplest way to begin is to start each day with a more positive intention.

Each morning, affirm your desire for the day by saying: "Today I choose to perceive my life with positivity. I am willing to release the negative thoughts that have been holding me back from happiness." This simple mantra will jump-start your day with powerful energy and a commitment to happiness. Making the conscious decision to choose happiness will begin your mental clearing process.

GABRIELLE BERNSTEIN IS THE AUTHOR OF SPIRIT JUNKIE.

**City dwellers**

**What you can do as an urbanite to bring some levity into your day?**

- **Take a sun break.** If you work at a desk or spend too much time indoors, make a point to step outside to soak up the sunshine. The sun has many healing elements. When you're exposed to direct sunlight you produce endorphins, which bring about a burst of positive energy.
- **Plan a picnic.** City-dwellers spend too much time eating takeout or obsessing over the latest hot restaurant. This spring, take advantage of the park and plan a picnic. Soak up the rays and enjoy the outdoors.

Get out into the sun during your workday ISTOCK PHOTOS

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# Fabarnak — fine dining in a community centre

Fabarnak serves high-end food at low prices. STEPHANIE DICKISON

**LUNCH RUSH**
Stephanie Dickinson
food@metronews.ca

Fabarnak is a "social enterprise initiative" of The 519 (one of Toronto's oldest community centres). It serves food that's at least 60 per cent sourced from local farmers and producers.

It also happens to be one of the finest restaurants in the city.

The daily Square Peg (lunch $10) offers wonderful delicacies in a bento box (a "refined version of cafeteria lunch tray") at an unbelievable low price. Today it features:

• Salt roasted pears, the best pork belly I've ever had and grilled radicchio
• Polenta with ricotta and caponata
• Sensuous seared Lake Erie pickerel cheek with roasted red pepper sauce
• Egg custard tart

Then there's the Braised Free Range Chicken (Some $12/More $17) with stewed tomatoes, baby leeks, caponata and white wine, all tucked into toothsome house-made pasta. It's so divine I actually sway in my chair.

Not only is it fantastic, it's affordable.

I'm moving in.

**Visiting the restaurant**

**Fabarnak Restaurant & Catering**

**Address.** 519 Church St. (at Wellesley)

**Phone number.** 416-355-6781

**Website.** fabarnak.com

**Rating.** 5/5

**Lunch with co-workers.** Yes

**Social lunch.** Yes

**Solo lunch.** Yes

**Reservations.** No

# Barbecue Chicken Sandwich. Leftover dinner makes tasty lunch

**1.** In a bowl, combine chicken with barbecue sauce and divide between 2 slices of bread.

**2.** In another bowl, whisk together mayonnaise, vinegar, sugar, salt and pepper. Toss with coleslaw.

**3.** Put the coleslaw on top of the chicken. Top with remaining bread slices to make sandwiches. Slice and serve immediately. **NEWS CANADA/ DEMPSTER'S/ ADAPTED BY EMILY RICHARDS (VISIT, EMILYRICHARDSCOOK.CA)**

**Ingredients**

• 2 cups (500 mL) sliced left over cooked chicken
• 1/4 cup (50 mL) barbecue sauce
• 4 slices white bread
• 1 tbsp (15 mL) low-fat mayonnaise
• 2 tsp (10 mL) cider vinegar
• 1/2 tsp (2 mL) granulated sugar
• 1/4 tsp (1 mL) salt, pepper
• 1 cup (250 mL) bagged coleslaw mix

# Chipotle Marinated Grilled Rib Eye and Cucumber Slaw: A reason to grill

**1.** In a blender, combine lime juice, chipotles and brown sugar. Blend until smooth, then add olive oil and blend for about 4 minutes or until ingredients are frothy.

**2.** Place steaks in a large glass baking dish and pour half the chipotle marinade over the steaks and turn to coat evenly. Cover with plastic wrap and refrigerate for at least 2 hours or overnight. Refrigerate the remaining marinade separately.

**3.** Remove the steaks and the remaining marinade from the refrigerator 30 minutes prior to grilling. Remove the steaks from the marinade and season with salt and pepper on both sides. Place steaks on greased grill over high heat for 5 minutes. Flip steaks and cover for an additional 5 minutes for a medium rare steak. Transfer steaks onto a cutting board and let rest for 5 minutes.

**4.** Cut steaks in half, drizzle with remaining marinade and serve with the cucumber slaw.

**5.** Creamy Ontario Greenhouse Cucumber Slaw: Place cucumber strips into a strainer and add salt. Let stand for 10 minutes and drain excess water. Place in bowl and stir in yogurt, dill, salt and pepper to taste. **NEWS CANADA/ ONTARIO GREEN HOUSE/ ADAPTED BY EMILY RICHARDS, PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR & TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.**

**Ingredients**

**Steak**
• 4 limes, juiced
• 3 chipotles in adobo sauce
• 3 tbsp (45 mL) packed brown sugar
• 1 cup (250 ml) olive oil
• 2 rib eye steaks, 1 inch (2.5 cm) thick (1 lb/454 g)
• 8 oz (225 g) creamy Ontario greenhouse cucumber slaw
• Kosher salt

**Creamy Ontario Greenhouse Cucumber Slaw**
• 1 cup (250 g) Ontario green house cucumbers, seeded and cut into julienne strips
• 1 cup (250 ml) plain yogurt
• 3 tbsp (45 mL) fresh dill
• Salt and pepper to taste

**Chipotle Marinated Grilled Rib Eye and Cucumber Slaw**

This recipe serves four. NEWS CANADA

Easter

# Time to hunt some eggs again

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

With Easter just around the corner, I thought I'd offer up some tips for those families, or churches and social groups, considering doing an Easter-egg hunt. Here are a few ways to ensure it's a success.

1. Think about the age group. This is one activity where mixing young kids with older ones doesn't always work. Consider a toddler egg hunt and an older children's egg hunt to keep things fair.

2. If treats are to be hidden inside the eggs, mix up what the children will find. Putting the same surprise in each egg will be a disappointment, no matter how cheap you found them at a big-box store.

3. Talk to your kids ahead of time. There are inevitably going to be a few skirmishes where kids fight over an egg they find at the same time. As hard as it is, this is a good opportunity to teach your kids about sharing. Parents, this is your job!

4. A way to deal with No. 3 is to assign children a colour, so that they have to find eggs only of one particular colour. This should help avoid disputes.

5. Plan an adult-friendly gathering while the children are hunting, and remember to let them have fun. Don't stress about grass stains on clothing; just let the kids run out and play. Besides, in an upcoming article, I promise to tell you all about dealing with those pesky grass stains!

Happy Easter to all of you who celebrate this wonderful holiday.

I am currently in Abu Dhabi training for two weeks, yet my gracious hosts from this part of the world are taking me out for lunch on Sunday in celebration of my holiday — how lucky am I to have such a gracious host?

Think about age groups when planning your hunt. ISTOCK

# Examining The Mama's Boy Myth

**Reading.** Mother-son relationships get an in-depth look in new book

MEREDITH ENGEL
Metro New York

With so much attention given to the special bonds between mothers and daughters, fathers and daughters, and fathers and sons, where does that leave mothers and sons? Kate Stone Lombardi, author of The Mama's Boy Myth: Why Keeping Our Sons Close Makes Them Stronger, sought to find out.

"It's almost been like the elephant in the room," she says. "For some reason no one has looked at the mother-son subject. The world has changed so dramatically and yet we're still sort of stuck in this time bubble when it comes to moms and sons, this idea that them being close is somehow dangerous or wrong. We are long overdue to take a look at this relationship."

The author says that society has been quick to reject the idea of a close bond between mother and son because the son can be perceived as weak and the mother overbearing. And while she's not asking moms to raise boys who require a maternal nudge at every turn, she does hope to inspire them to take a more active role in their sons' lives. We wanted to learn more.

**How did the idea of the mama's boy start?**

I think it goes back to the Oedipus complex. The Oedipus complex is a theory that Freud wrote in 1899 — basically, it's the unconscious desire for a little boy to sleep with his mom. Freud was really writing about the unconscious, and I think we misinterpreted what he was saying.

We turned it into the idea that normal, healthy mother-son affection and closeness is somehow wrong and dangerous. And that is just not true — being close to his mother benefits a boy, both when he is young and throughout his life.

**Why are daddies' girls more revered in our society than mama's boys?**

I think there's really a double standard. I think dads have a lot more freedom when it comes to their daughters. A dad (who) coaches his girl in lacrosse or even teaches her a "masculine" skill like working on a car engine is still a cool dad.

For some reason it's not at all the same with moms. If a mom tries to influence her son, people start worrying that she's gonna feminize her boy. But no one worries that the dad is gonna turn his little girl into a boy by teaching her sports.

**How does society benefit from a boy who's close to his mom?**

Moms who are close to their boys really teach them emotional intelligence. They teach them how to put their words into feelings. That is gonna serve a boy all through his life. One study showed (that with) guys who had a stronger connection to their moms, their wives and partners rated them as much better communicators.

Men who really like and respect their mothers like and respect other women.

Pass 'go' and collect your tax savings. ISTOCK

# Don't give the tax man a penny too much

**Last-minute filing.** No one likes paying taxes, but you can take steps to avoid overpaying

YOUR MONEY
Alison Griffiths
money@metronews.ca

There's a very good reason why death and taxes often occupy the same sentence. Neither is appealing to contemplate. While death can sometimes be delayed there's no avoiding the latter at this time of year.

As sure as April follows March every year, there is a stampede to file returns once Easter and Passover indulgences have been digested.

**Alison's money rule**

**"Pay yourself first by double-checking all your tax deductions and credits."**

Your friend in these last-minute situations is, in my opinion, the best tax book available for consumers: Essential Tax Facts: Simple tips for preparing your taxes so you can build wealth (2012 edition), by Evelyn Jacks, tax expert and founder of the Knowledge Bureau in Winnipeg.

Jacks points out that taxpayers leave thousands, sometimes hundreds of thousands of dollars, on the table over their lifetimes by paying too much tax.

It's tough these days to increase your income. But being vigilant about every penny sent to Ottawa and your provincial government is something everyone can do.

Here are some of the changes Jacks highlights for 2011.

**1. Children's Arts Tax Credit**
Similar to the Fitness Tax Credit, parents can claim (or share the claim) for up to $500 if the child is enrolled in a broad range of artistic, environmental or cultural activities.

**2. Tuition Tax Credit – Examination fee** This is claimable for examinations and pre-requisite study materials purchased in order to achieve a recognizable licence or professional status.

**3. Study abroad**
The study period has been reduced to three weeks from 13 for students in full-time programs at Canadian universities and colleges.

So if you are off to Italy to study Michelangelo's David for three weeks as part of your degree, you can claim the tuition and education amount and withdraw Education Assistance Payments from an RESP.

**Spend time with your taxes**

**Just how careful are you?**

- **It pays to be careful.** On the TV show Million Dollar Neighbourhood, a review by H&R Block found that nearly a third of tax filers made at least one error on their return.

**4. Sharing an RESP with a sibling** Transferring from one RESP to another will not trigger repayment of the government Canada Education Savings Grant as long as the sibling receiving the funds is under 21.

**5. Money from babes**
The Canada Child Tax Benefit, Universal Child Care Benefit and GST credit can now be split 50/50 between parents (for payments received after June 2011), assuming they live with the child.

One of Jacks' top tax tips is a recommendation that couples (married or common-law) file taxes jointly to maximize credits and deductions including medical expenses and amounts for public transit, children's fitness and arts and the new home buyer's credit.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR AT GRIFFITHS.ALISON@GMAIL.COM

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**Save money**

# *Top five tax savings tips*

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Leslie Scorgie
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Forget tax evasion; that's illegal. There are legitimate ways to cut your tax bill.

**Registered retirement savings plan**
The RRSP is the most popular tool to reduce taxes for Canadians.

Individuals can contribute up to 18 per cent of their income through RRSP contributions, to a maximum of around $23,000 per year (indexed). RRSP contributions are fully tax deductible and they grow tax-deferred until withdrawal.

The more you contribute to your RRSP, the greater tax deduction you receive. If you don't use up your available contribution room, it carries forward into future years.

**Tax-free savings account**
A TFSA allows you to grow your money tax-free. So, when you withdraw the funds, which you can do without penalty at any time, you don't pay tax on capital gains, dividends, trust distributions, or interest earned.

Have you been 'tipp

On the flip side of this, capital losses within the plan are not tax deductible and dividends aren't eligible for the dividend tax credit. You can contribute up to $5,000 annually (indexed). Unused TFSA contribution room can be carried forward.

**Non-registered investment plan**
Investing outside the RRSP or TFSA, in a non-registered investment plan, is less popular; though you can still reduce taxes through the dividend tax credit and a favourable capital gains tax rate.

Dividends are paid to investors who hold certain stocks. Capital gains (and losses) are incurred when an investment is sold.

**Charitable donations**
Charitable giving is another effective tool to reduce taxes and support your community.

When you give money to a registered charity, you receive a tax receipt that goes toward a tax credit when you file your return. This will decrease the taxes you pay.

**Tax credits**
There are many other tax credits available for Canadians including those for child care, transit, extended medical/health expenses, education and so on.

Check the Canada Revenue Agency website cra-arc.gc.ca (select information for individuals) to see which personal tax credits apply to you, rates and a list of registered charities.

A part-time retail job is a great way to see if you'll measure up in the fashion world. ISTOCK

# Sashay your way into the fashion industry, one garment at a time

**Success in style.** Author Michele Granger explains how to knock down fashion's front door

BRUCE WALSH
Metro World News in Philadelphia

Missouri State professor Michele Granger wrote the book on breaking into the fashion industry — three times over. Fashion Entrepreneur-ship: Retail Business Planning and The Fashion Intern are both in their second editions.

Plus, Fashion: The Industry and Its Careers is a must-read for anyone curious about a career in the field.

**What's a good first step for breaking into the fashion industry?**

Retail work — especially for kids that are still in high school. You get exposed to the products, management and sales.

For college students, it's a step they can take before they move in at a higher level after graduation.

**What degrees should undergrads consider?**

There are really two primary avenues. One is a degree in fashion design or fashion product development; the other is fashion merchandising. Design skews toward the artistic, creative people. Merchandising is more of the business end.

**The fashion industry seems to embody a myriad of industries — from finance to creative design.**

Fashion is a lifestyle. It runs the gamut: what you put in your house, your stationary, what you put on your body.

Add to that an incredible amount of news and journalism about the industry from publications and websites. If you figure out your skill set, you'll likely find a direction within the industry.

**Look good, do good?**

**Is there room for altruism in a fashion-industry career?**

- "There are more and more non-profits and others within the industry doing wonderful work: Housing Works and TOMS are just two. A lot of students say, "I don't want to be part of an industry that's frivolous and wasteful." We make sure to cover moral and ethical issues in our coursework at Missouri State, and any good program should do that."

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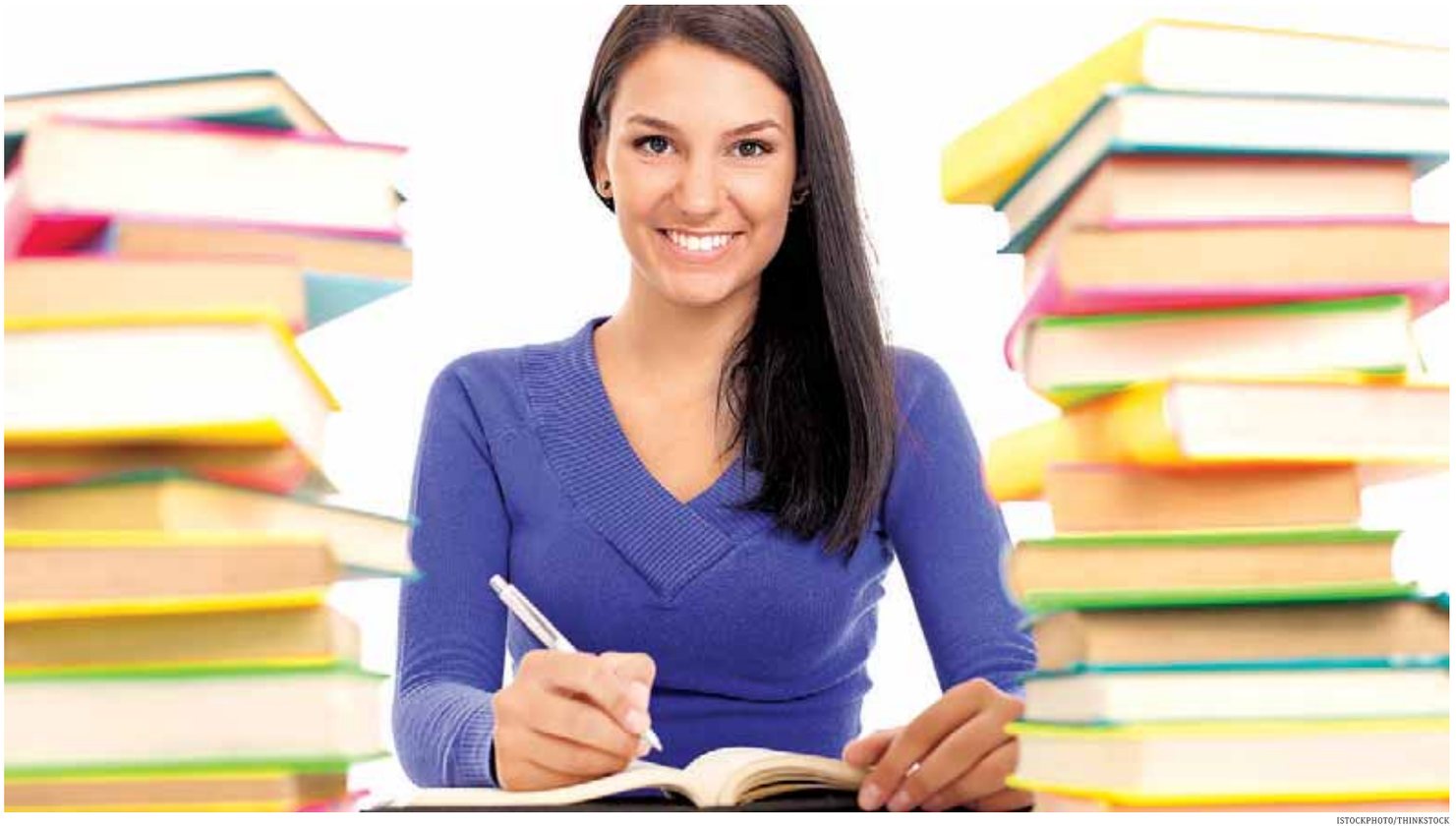

ISTOCKPHOTO/THINKSTOCK

# TESTING YOUR LIMITS

## FINAL EXAMS CAN BE A TAXING TIME FOR STUDENTS

Preparing for final exams is one of the most stressful times of a student's life, but studying smartly can improve your scores and lower your heart rate.

Nellie Perret, a learning skills counsellor at the University of Toronto's Academic Success Centre, says most high schools use modular exams, meaning you are only tested on what you have learned since the last test. But university and college exams are usually cumulative, meaning you have to dig back to the start of the course. You can't cram that much information into your head in the weeks before the exam.

Perret advises using cumulative reviews as you go so you know it cold when exam season rolls around.

Even if you are starting two weeks before the exam, you might still be able to pull it off. "Counterintuitively, start reviewing material you already know pretty well," she says. "That's what you can potentially ace."

Look at old exams or midterms to see what questions have appeared in the past. Meet with other students to brainstorm on key content areas in the course.

"The last thing they should do is try to learn new material. That's where they're going to be dealing with a limited memory space," she says. "The likelihood of their doing well on it is pretty slim."

Write that key information on an index card and stare at it until you go into the exam room. "And then write it down immediately, or otherwise it's gone," Perret says.

Sarah Bouchard, a fifth-year political science/religious studies student at Dalhousie University, says students are juggling a lot at the end of term.

"Students are trying to focus on their exams and final papers, but also setting up summer jobs or co-ops, and finding housing, among other things," she says. "The pressure to perform well at this time of year is at its peak."

She urges students to attend any review sessions the class holds, and then book a meeting with the professor. Bring questions and take notes.

"I know it can seem scary, especially for first-year students (and) especially if you've missed a lot of classes," Bouchard says. "But trust me, your professor wants to help you and is a gold mine of helpful information."

Practise writing your answers so your brain is used to synthesizing it on paper.

"And most of all, get a good night's sleep, eat properly, and exercise," she says. "These are not only stress-busting mechanisms, but they also get your brain going."

*– Jon Tattrie*

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# THE RIGHT STRATEGY FOR LEADERS

## LET ROTMAN HELP YOU ADVANCE YOUR CAREER GOALS

Craig Strong was midway through a successful career in marketing and consulting when he decided to go back to school to get his executive MBA. That decision was prompted by his desire to make a career transition into venture capital and corporate responsibility, and he knew he needed different skills to help him realize this dream.

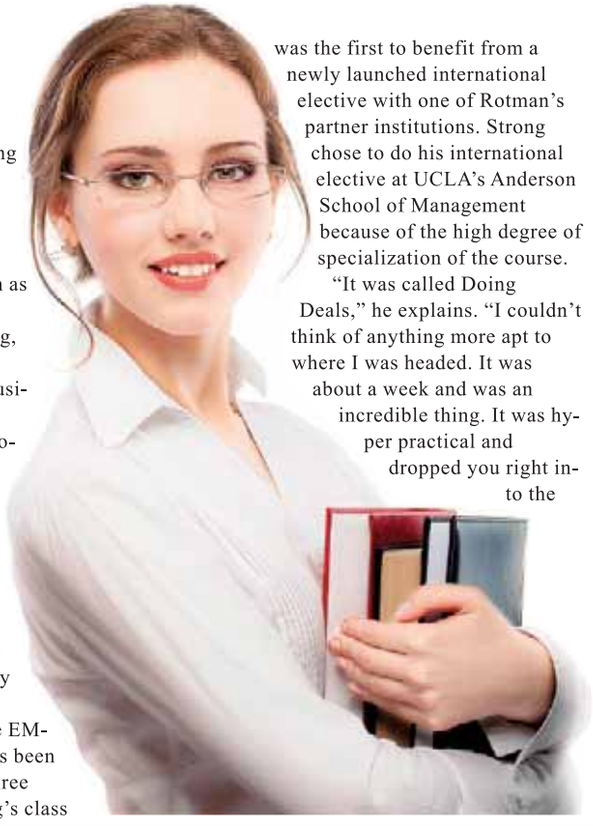
"The work I did was primarily strategy stuff and it didn't delve heavily enough into accounting and finance, and I was looking at a career that was headed in that direction," he explains. "But I was also just interested in leadership and rounding that out."

In 2010, Strong applied for and was accepted into the prestigious one-year EMBA program at the University of Toronto's Rotman School of Management, where he joined other established professionals looking to broaden their skill set and advance their careers. Essentially, the part-time program is geared to helping managers and executives become better leaders.

Courses such as quantitative decision-making, leadership presence and business ethics and law not only provide students with analytical tools and leadership skills, but give them a better understanding of who they are and of what they are capable.

Although the EMBA program has been operating for three decades, Strong's class was the first to benefit from a newly launched international elective with one of Rotman's partner institutions. Strong chose to do his international elective at UCLA's Anderson School of Management because of the high degree of specialization of the course.

"It was called Doing Deals," he explains. "I couldn't think of anything more apt to where I was headed. It was about a week and was an incredible thing. It was hyper practical and dropped you right into the practicum of the theories we'd learned (back in Toronto)."



Strong credits Rotman's international electives, of which there are three — UCLA, Essec Business School in Paris and the SDA Bocconi School of Management in Milan — with their deep specialization and international perspectives. Along with fellow Rotman students, Strong's elective class included students from the other schools.

Since graduating with his EMBA in May 2011, Strong and fellow classmate Ian Yates have started an online recruiting company called Fitzii.

*– Heather Buchan*

## BOOST YOUR EARNING POWER

While tuition for an EMBA program can cost close to $100,000, according to the Financial Times' EMBA ranking, the salaries of students graduating from a program like Rotman's will rise by more than 50 per cent in three years.

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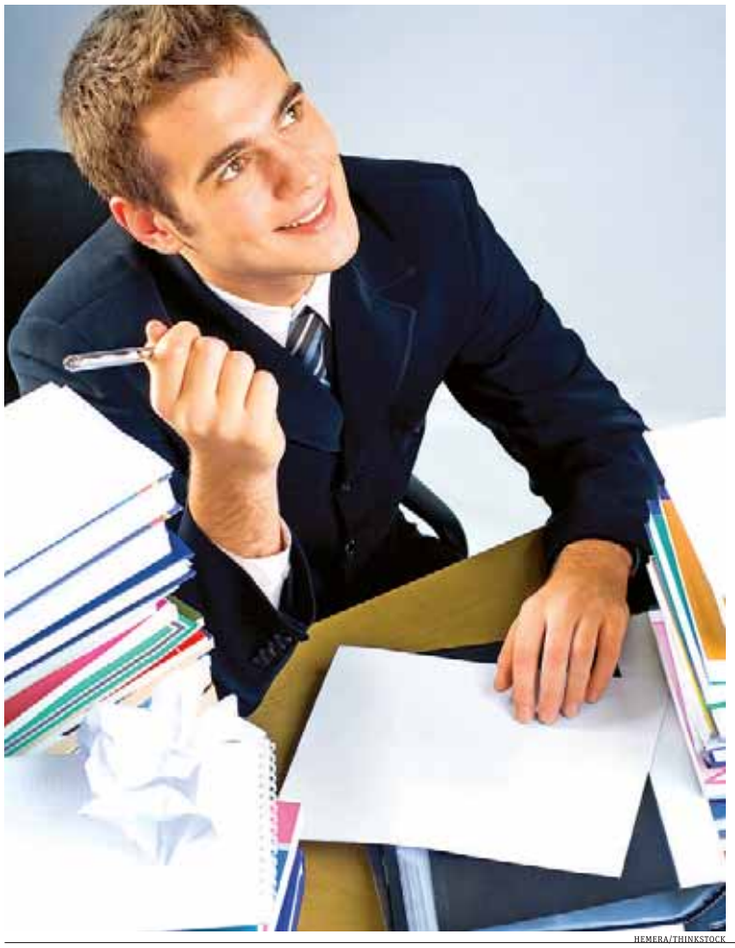

HEMERA/THINKSTOCK

# COUNT ON CGA

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There are umpteen reasons why accountants choose to get their certified general accountants designation. Beyond simply dealing with numbers, CGAs have a strong foundation of accounting and financial knowledge that they are able to apply to see opportunities and provide solutions for businesses and individuals.

In essence, CGAs have the training to see more than just numbers. They are highly skilled professionals possessing the know-how to provide financial management and business expertise in every sector of the economy.

In order to become certified, accountants must complete the CGA program. Considered Canada's finest and most demanding financial management curriculum, the program is completely online, allowing students to continue working while studying for their certification.

"Students have 24-hour access to (the) learning environment — they can study wherever they have access to a computer and Internet," explains John-Derek Clarke, senior vice-president of operations for CGA Ontario, the provincial affiliate of CGA Canada. "This means that class work can be scheduled around personal and professional work."

According to Clarke, students also have more control of their learning process, meaning they can learn more at their own pace. "They have the freedom to skim topics they know well and instead spend more time concentrating on material they are having a hard time grasping."

A self-governing body, CGA Ontario controls the professional standards, conduct and discipline of its 20,000 certified general accountants and 8,000 students in Ontario. The CGA of Ontario Association grants the exclusive rights to the CGA designation.

Not only is the designation recognized all over the world, but CGA's program of professional studies gives students the ability to combine accounting principles with critical thinking.

*– Heather Buchan*

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CENTENNIAL COLLEGE

# CULTURE & HERITAGE

ISTOCKPHOTO/THINKSTOCK

## NEW CENTENNIAL PROGRAM WILL FOCUS ON ANCIENT HISTORY

There are big developments at Centennial College. At the college's School of Hospitality, Tourism and Culture, the developments ring in to the tune of $3.5 million to be exact, where new state-of-the-art culinary arts labs are being built to facilitate a new culinary arts management program starting next year.

"It's international culinary arts management and the focus is on learning the culture and ancient history of various world regions," explains Shyam Ranganathan, founding dean of the Hospitality, Tourism and Culture School.

The school is the first of its kind in Canada to integrate culture and heritage into a tourism program. Having launched in 2007 with just three programs and 300 students, it has grown to 900 full-time students enrolled in 12 programs. "Our projections are to have 1,800 students by 2015 and 17 full-time programs," says Ranganathan.

Programs include hospitality and tourism administration, hospitality management for hotels and resorts, as well as food and beverage, event management, tourism management, and tourism and travel among others.

Founded in 1970 and housed in Centennial's business school, the hospitality program partnered four years ago with the Culture and Heritage Institute to form this new, independent school in order to help Ontario's tourism sector "retool for a new breed of travel consumer."

Offering a range of programs from one to three years, students, many of whom come from abroad, are prepared for careers in accommodation (hotels and resorts), food and beverage, transportation, travel services and recreation and entertainment and courses, which cover a range of business practices in finance, marketing, human resources and industry operations are designed to provide a practical foundation for success in any of the fields.

In addition, individualized industry placements also offer valuable work experience and many students continue in their placements as full-time employees upon graduating from the program.

*– Heather Buchan*

### UN RECOGNITION

Centennial's School of Hospitality, Tourism and Culture is the first school in Canada to be recognized by the United Nations World Tourism Organization quality assurance system for its dedication to enhancing the quality, competitiveness and sustainability of its programs.

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NHL

## Maple Leafs turn to Colborne with Grabovski injured

The Toronto Maple Leafs recalled centre Joe Colborne on an emergency basis Monday after losing Mikhail Grabovski to injury.

Colborne had 37 points (16-21) in 60 games with the AHL's Toronto Marlies this season.

In nine games with the Leafs, he scored one goal and three assists.

Grabovski suffered a leg laceration in Saturday's 4-3 victory over Buffalo and is listed as day-to-day. THE CANADIAN PRESS

Joe Colborne
GETTY IMAGES FILE

NHL

## Daniel Sedin 'getting better' according to brother Henrik

Vancouver Canucks star Henrik Sedin says his teammate and twin brother Daniel is improving as he attempts to recover from a concussion.

"He's getting better and better, so we're hopeful," said Henrik after practice Monday.

Daniel Sedin was injured March 21 when he took an elbow to the head from Chicago Blackhawks defenceman Duncan Keith. The NHL suspended Keith five games for the infraction.
THE CANADIAN PRESS

Basketball

## It's Miller's time to head to the hall

Five-time all-star Reggie Miller and longtime coach Don Nelson are among a dozen players, coaches and teams that will be inducted into the Naismith Memorial Basketball Hall of Fame.

The class of 2012 was announced Monday in New Orleans, the site of the Final Four.

Also elected were two-time Olympic gold medallist Katrina McClain, three-time college player of the year Ralph Sampson, four-time NBA champion Jamaal Wilkes and longtime referee Hank Nichols.
THE ASSOCIATED PRESS

Toronto's new closer, Sergio Santos, pitches earlier in spring training in Dunedin, Fla. FRANK GUNN/THE CANADIAN PRESS FILE

# Jays bullpen putting aside 'issues' of past

**MLB.** Right-hander Frasor says rebuilt relief corps is filled with 'better people' than crew who struggled a year ago

Last season, Blue Jays fans could be forgiven for thinking "relief pitcher" was a misnomer, what with all the anxiety wrought by the team's bullpen.

Their 25 blown saves, tied for third worst in the league, is a stat players and pundits alike recite by memory.

"We just get a quarter or a third of those back and we're right there in the hunt for the playoffs," said right-fielder Jose Bautista.

So of all the areas Jays' brass could have targeted to improve this off-season, the bullpen was the obvious choice. Another established starting pitcher to fill out the rotation would have been nice, but upgrading the 'pen was a necessity. So general manager Alex Anthopoulos traded promising pitching prospect Nestor Molina to acquire 28-year-old closer Sergio Santos from the Chicago White Sox, and dipped into the free-agent market to sign veteran relievers Francisco Cordero and 41-year-old Darren Oliver.

The team also reacquired Jason Frasor, and converted starters Carlos Villanueva and Luis Perez to full-time bullpen duty.

Gone are erratic closers Jon Rauch and Frank Francisco, though the pair have reunited with the New York Mets.

Bullpens carry a team's momentum unlike any other part of the club. When a lead is lost late in the game, they wear it. The past participle of "blew it" is literally part of their statistical legacy.

But when things are going well, they are the ones who often keep it rolling.

What hurt the Jays' 2011 bullpen was more than just the regular ups and downs of a 162-game season.

"We had our issues," said Frasor, a veteran of eight major-league bullpens.

"We weren't a tight-knit group down there, you know? Usually, the teams I've been on, the bullpen hangs out with bullpen, the position players hang out with position players, starting pitchers hang out with starting pitchers, (but last year), the bullpen, we weren't that close.

"We didn't pick each other up, you know? That's what went wrong. It just wasn't a good mix of guys down there. It's hard to explain."

This year is different, Frasor says.

"It has a better feel, it really does, and I'm not just saying that because I should say that at this point. It does have a better feel, it's just ... better people."
TORSTAR NEWS SERVICE

**Quoted**

**"When things are going good, sometimes it's easier to throw up a zero. When things are going bad, three outs are the hardest thing to get."**

**Blue Jays reliever Casey Janssen** on last year's bullpen struggles.

Spring training

## Cecil hammered in Jays' loss to Tigers

Brett Cecil's spot in the Blue Jays' starting rotation is in doubt after he was smacked around by the Detroit Tigers on Monday.

"There is concern," Jays manager John Farrell said, almost gravely, after the game. "You'd like to see guys kind of on the incline going into the start of the season, rather than the reverse."

The Tigers teed off on the left-hander for a seven-run inning. Cecil gave up seven consecutive hits in the inning, capped by back-to-back homers by Prince Fielder and Delmon Young.

It was 9-0 when Cecil left the game after the fourth. The Tigers won 11-8.

The 25-year-old's fate with the Jays would be more precarious if Dustin McGowan were healthy, but Cecil — once projected to be the team's third starter — may have also fallen behind Kyle Drabek on the pitching depth chart. TORSTAR NEWS SERVICE

4 SPORTS

Leafs preview

### *Toronto at Buffalo 7 p.m. (Sportsnet Ontario)*

**The Maple Leafs (34-36-9) travel to Buffalo (38-31-10) after beating the Sabres 4-3 in Toronto on Saturday. Buffalo has lost two in a row to fall out of a playoff spot. Ryan Miller has allowed four goals in each loss after allowing three in his previous four starts combined. Drew Stafford has seven goals and nine assists in his last 10 games. Ville Leino has two goals in his last 29 games. Tyler Myers (foot) and Mike Weber (undisclosed) are day-to-day. Christian Ehrhoff (lower-body) is out indefinitely.**
THE CANADIAN PRESS

On the web

**Is the NFL about to go to the Ducks? Nike is set to unveil its new NFL uniforms Tuesday, with some speculating the company will take design cues from the NCAA's Oregon Ducks. Nike has designed five different helmets, seven jerseys and six pants for Oregon that have become known for their flamboyant colour combinations. Scan the code for the story.**

# Toronto FC expecting rough reception in Mexico

**CONCACAF Champions League semifinal.** Surviving elite team like Santos Laguna big job for side struggling in MLS league play

Toronto FC players enjoyed a relaxed practice Monday; the sound of laughter echoing around BMO Field.

On Tuesday, however, the MLS team wakes up with a target on its back as it travels to Torreon, Mexico, for the second leg of its CONCACAF Champions League semifinal with Santos Laguna.

Toronto FC manager Aron Winter expects his squad to hear it in Mexico on and off the pitch, including at the team hotel in advance of Wednesday's game.

"That's normal in those countries," said Winter, who equates a game in the cauldron of Mexico to playing in front of rabid fans in Turkey. "It's a pity that you can't change it but they're going to try everything."

There is bad blood between the two teams in the wake of last Wednesday's 1-1 tie at BMO Field. Santos had two players sent off after defender Richard Eckersley's leg was raked by Mexican studs and Ashtone Morgan was head-butted.

The head-butt precipitated a post-match melee on the field, with TFC players relating afterwards that the Mexicans told them in the tunnel as they walked off to expect a war in the rematch.

Tom Anselmi, COO of Maple Leaf Sports & Entertainment, says the club has consulted with CONCACAF, MLS, the Canadian Soccer Association "and others" in planning the short trip to Mexico.

With Santos holding an away goal, Toronto will have to win or play to a higher-scoring tie to advance to the final of the club championship for North and Central America and the Caribbean. A 1-1 tie would force extra time and possibly penalty kicks.

THE CANADIAN PRESS

**Bracing themselves**

**"I think that it's going to start the moment we land in Torreon."**

**Toronto FC manager Aron Winter** on the hostile environment he expects in Mexico

Danny Koevermans, left, battles for the ball with Santos Laguna's Santiago Hoyos in the CONCACAF Champions League semifinal in Toronto last Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

# Canada's confidence grows with two more wins

Glenn Howard delivers a stone Monday during a round-robin match between Canada and Norway in Basel, Switzerland. GEORGIOS KEFALAS/THE ASSOCIATED PRESS

Canada's Glenn Howard posted two more victories Monday to remain unbeaten at the world men's curling championship.

Howard beat Norway's Thomas Ulsrud 8-3 in the morning draw before defeating Jiri Snitil of the Czech Republic 9-3 in the evening. Canada remained tied with Sweden for first place at 5-0 after eight draws of round-robin play.

"I sense the confidence is getting bigger and bigger," Howard said. "I felt really comfortable out there again tonight. My guys are making everything underneath me."

The Czech game was tighter than the result might suggest. Howard entered the ninth end with just a two-point lead and hit a nice double takeout to score four points to end it.

Howard and teammates Wayne Middaugh, Brent Laing and Craig Savill shot an impressive 91 per cent in both victories.

The Czechs provided a much stiffer test than the Norwegians. Ulsrud, the 2010 Olympic silver medallist, never got on track and made several uncharacteristic errors.

"We kept putting pressure on him and he was missing," Howard said. "The recipe for a win."

After a slow opening weekend, attendance picked up Monday night with an estimated 1,800 spectators on hand at the 9,000-seat venue. The host Swiss team rewarded the fans with a 9-4 win over Germany.

Howard said his team has felt comfortable from the start of the competition.

"I'm always talking about peaks and valleys," Howard said after his morning win. "Our valleys aren't too bad and that's the good news. We're always up there pretty high. That was a really good game.

"We came out and were really playing well and caught Norway on an off day. Good timing."

Howard shot 88 per cent for the game, well ahead of Ulsrud at just 56 per cent.

THE CANADIAN PRESS

**Howard's titles**

**Howard has won three world titles over his career — in 1987, 1993 and 2007.**

**English Premier League**

## Win puts United in driver's seat

Antonio Valencia and Ashley Young scored late goals to give Manchester United a 2-0 win at Blackburn on Monday, extending the defending champion's lead to five points in the Premier League.

With seven rounds left, United is clear of crosstown rival Manchester City and favourite to win its 20th league title — although manager Alex Ferguson said he is taking nothing for granted.

"In my experience of these situations, it doesn't matter what the points are at the moment," Ferguson said.

THE ASSOCIATED PRESS

Manchester United's Antonio Valencia celebrates his goal on Monday. JON SUPER/THE ASSOCIATED PRESS

**NFL**

## Goodell OK with Parcells as a Saint

NFL Commissioner Roger Goodell says he won't stand in the way if the New Orleans Saints ask Bill Parcells to take over as interim coach for suspended Sean Payton. Goodell still must rule on Payton's appeal.

THE ASSOCIATED PRESS

**Tennis**

## Shot at Olympics motivates Venus

Venus Williams is looking forward to the London Olympics but must first improve her ranking (134) to qualify, with the teams to be chosen in early June. Her ranking fell as she was idle much of the past seven months. THE ASSOCIATED PRESS

**Cycling**

**"One of the scariest experiences of my life, I'm happy to be alive"**

**American cyclist Levi Leipheimer** Via Twitter, after he was hit by a car while training for a race in Spain

# Final week anything but regular

All 30 NHL teams close out their regular-season schedule with games on Saturday and there is plenty still at stake before then, from playoff spots to year-end trophies to personal milestones. Here's a closer look at what to keep an eye on in the coming days:

THE CANADIAN PRESS

## Cluttered conferences

In the Western Conference, Los Angeles, Phoenix, San Jose, Dallas and Colorado are fighting for three playoff spots.

In the East, ninth-place Buffalo are two points back of Washington and five behind Florida. They'll need to win all three remaining games and get some help to make the playoffs.

## 2 Battle for home ice in Pennsylvania

The Pittsburgh Penguins enter the week one point up on the Philadelphia Flyers and a season-ending meeting between them on Saturday will likely determine whether their series starts at Consol Energy Center or Wells Fargo Center.

## 3 Presidents' Trophy pressure

Will the Presidents' Trophy go to Vancouver, the Rangers or St. Louis?

The Canucks are looking to become the NHL's first back-to-back regular-season champions since the lockout and enter the week tied with New York at 107 points, one ahead of the Blues. They each have three games to play.

## 4 Will Karlsson reach 80-point mark?

Ottawa Senators defenceman Erik Karlsson is down to three games to bolster his case for the Norris Trophy. His 77 points are 25 ahead of the next best blue-liner, Zdeno Chara, and he sports a plus-18 rating.

## 5 Battle for freshman supremacy

A trio of players are still fighting for the rookie scoring lead, which could affect how members of the Professional Hockey Writers' Association vote on the Calder Trophy.

Edmonton's Ryan Nugent-Hopkins and Colorado's Gabriel Landeskog entered Monday with 51 points each, one ahead of New Jersey's Adam Henrique.

## 6 Sixty in sight for Stamkos

Tampa Bay's Steven Stamkos is looking to put an exclamation mark on his season by hitting 60 goals (he currently sits at 58 with three games left).

WORRIED
HURT
EMPTY
IRRITATED
SCARED
SAD
SENSITIVE
HOPELESS
BAD
NOT myself TODAY

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Paying attention to those feelings is part of dealing with your mental health. The more you look after it, the healthier your life will be. Sadly, some people live with those feelings every day. Even worse, they must live with the stigma and lack of support that goes with it. Mental health in Canada must change. It will take all of us to make it happen.

TAKE THE PLEDGE AT NOTMYSELFTODAY.CA

Lundbeck
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partnersformentalhealth

# NATIONAL HOCKEY LEAGUE

## EASTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| dx-NY Rangers | 79 | 50 | 22 | 2 | 5 | 218 | 175 | 107 | 27-11-0-2 | 23-11-2-3 | 6-4-0-0 | L1 |
| dx-Boston | 79 | 47 | 28 | 1 | 3 | 259 | 193 | 98 | 23-13-1-2 | 24-15-0-1 | 7-2-0-1 | W2 |
| d-Florida | 79 | 37 | 25 | 6 | 11 | 193 | 217 | 91 | 20-9-1-9 | 17-16-5-2 | 4-2-1-3 | L3 |
| x-Pittsburgh | 79 | 48 | 25 | 3 | 3 | 268 | 214 | 102 | 27-10-2-0 | 21-15-1-3 | 5-4-1-0 | L1 |
| x-Philadelphia | 79 | 46 | 24 | 2 | 7 | 257 | 222 | 101 | 21-12-1-5 | 25-12-1-2 | 6-2-0-2 | W1 |
| x-New Jersey | 79 | 45 | 28 | 2 | 4 | 219 | 205 | 96 | 22-13-0-4 | 23-15-2-0 | 5-4-0-1 | W3 |
| x-Ottawa | 79 | 41 | 28 | 6 | 4 | 245 | 231 | 92 | 20-15-2-2 | 21-13-4-2 | 5-3-0-2 | W4 |
| Washington | 80 | 40 | 32 | 4 | 4 | 214 | 227 | 88 | 25-11-2-2 | 15-21-2-2 | 4-4-1-1 | L1 |
| Buffalo | 79 | 38 | 31 | 4 | 6 | 208 | 219 | 86 | 20-12-3-5 | 18-19-1-1 | 6-2-0-2 | L2 |
| Winnipeg | 79 | 36 | 34 | 5 | 4 | 213 | 233 | 81 | 23-13-1-3 | 13-21-4-1 | 4-5-1-0 | L1 |
| Tampa Bay | 79 | 37 | 35 | 4 | 3 | 227 | 270 | 81 | 25-14-1-1 | 12-21-3-2 | 5-5-0-0 | W2 |
| Carolina | 79 | 31 | 32 | 10 | 6 | 208 | 237 | 78 | 19-14-2-5 | 12-18-8-1 | 5-5-0-0 | L2 |
| Toronto | 79 | 34 | 36 | 4 | 5 | 222 | 252 | 77 | 17-16-3-4 | 17-20-1-1 | 4-5-0-1 | W1 |
| NY Islanders | 79 | 33 | 35 | 7 | 4 | 194 | 241 | 77 | 16-18-5-1 | 17-17-3-2 | 6-3-0-1 | L2 |
| Montreal | 79 | 29 | 35 | 4 | 11 | 202 | 221 | 73 | 14-15-2-8 | 15-20-2-3 | 2-3-3-2 | L4 |

## WESTERN CONFERENCE

| | GP | W | L | OTL | SL | GF | GA | Pts | Home | Away | Last 10 | Strk |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| y-Vancouver | 79 | 49 | 21 | 2 | 7 | 239 | 191 | 107 | 25-10-0-4 | 24-11-3-2 | 7-2-1-0 | W6 |
| dx-St. Louis | 79 | 48 | 21 | 1 | 9 | 204 | 156 | 106 | 30-5-1-3 | 18-16-0-6 | 4-3-0-3 | L2 |
| d-Los Angeles | 79 | 39 | 27 | 5 | 8 | 185 | 170 | 91 | 21-14-0-4 | 18-13-5-4 | 8-2-0-0 | L1 |
| x-Detroit | 79 | 47 | 27 | 3 | 2 | 242 | 196 | 99 | 31-6-1-1 | 16-21-2-1 | 3-5-2-0 | W1 |
| x-Nashville | 79 | 45 | 26 | 3 | 5 | 227 | 208 | 98 | 24-10-2-3 | 21-16-1-2 | 4-5-0-1 | L1 |
| x-Chicago | 80 | 44 | 26 | 4 | 6 | 244 | 234 | 98 | 27-8-1-5 | 17-18-3-1 | 7-1-0-2 | L1 |
| Phoenix | 79 | 39 | 27 | 3 | 10 | 206 | 202 | 91 | 21-13-2-4 | 18-14-1-6 | 5-2-0-3 | W2 |
| San Jose | 79 | 40 | 29 | 5 | 5 | 214 | 201 | 90 | 25-12-2-1 | 15-17-3-4 | 6-4-0-0 | W1 |
| Dallas | 79 | 42 | 32 | 1 | 4 | 207 | 212 | 89 | 22-14-0-3 | 20-18-1-1 | 4-6-0-0 | L2 |
| Colorado | 80 | 41 | 33 | 4 | 2 | 205 | 209 | 88 | 22-15-1-1 | 19-18-3-1 | 5-3-1-1 | W1 |
| Calgary | 80 | 35 | 29 | 7 | 9 | 194 | 222 | 86 | 21-12-1-5 | 14-17-6-4 | 2-3-3-2 | L3 |
| Minnesota | 79 | 34 | 35 | 2 | 8 | 173 | 219 | 78 | 19-16-1-3 | 15-19-1-5 | 5-5-0-0 | W3 |
| Anaheim | 79 | 33 | 35 | 5 | 6 | 195 | 219 | 77 | 21-18-2-0 | 12-17-3-6 | 4-5-1-0 | L2 |
| Edmonton | 79 | 32 | 38 | 3 | 6 | 210 | 231 | 73 | 18-17-2-3 | 14-21-1-3 | 6-2-1-1 | W1 |
| Columbus | 79 | 27 | 45 | 2 | 5 | 190 | 255 | 61 | 16-21-1-2 | 11-24-1-3 | 5-5-0-0 | W3 |

**x** — clinched playoff berth; **d** — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

**Last night's results**
Tampa Bay 4 Washington 2
Edmonton at Los Angeles
**Sunday's games**
Ottawa 5 N.Y. Islanders 1
Edmonton 2 Anaheim 1
Philadelphia 6 Pittsburgh 4
Detroit 2 Florida 1 (SO)
Boston 2 N.Y. Rangers 1
Minnesota 5 Chicago 4 (SO)
**Tonight's games**
**All times Eastern**
**Toronto** at Buffalo, 7 p.m.
N.Y. Islanders at New Jersey, 7 p.m.
N.Y. Rangers at Philadelphia, 7 p.m.
Pittsburgh at Boston, 7:30 p.m.
Carolina at Ottawa, 7:30 p.m.
Winnipeg at Florida, 7:30 p.m.
Minnesota at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Anaheim at Vancouver, 10 p.m.
Columbus at Phoenix, 10 p.m.
**Tomorrow's games**
Tampa Bay at Montreal, 7:30 p.m.
Detroit at St. Louis, 7:30 p.m.

## SCORING LEADERS

| | G | A | PT |
|---|---|---|---|
| Malkin, Pgh | 48 | 56 | 104 |
| Stamkos, TB | 56 | 36 | 92 |
| Giroux, Pha | 28 | 61 | 89 |
| Spezza, Ott | 32 | 50 | 82 |
| Neal, Pgh | 39 | 41 | 80 |
| Kovalchuk, NJ | 34 | 46 | 80 |
| Kessel, Tor | 37 | 41 | 78 |
| Tavares, NYI | 31 | 47 | 78 |
| H.Sedin, Vcr | 13 | 65 | 78 |
| Hossa, Chi | 29 | 48 | 77 |
| Karlsson, Ott | 19 | 58 | 77 |
| Eberle, Edm | 33 | 42 | 75 |
| Ra.Whitney, Phx | 24 | 51 | 75 |
| Gaborik, NYR | 40 | 34 | 74 |
| Elias, NJ | 25 | 49 | 74 |
| Thornton, SJ | 16 | 58 | 74 |
| Kopitar, LA | 25 | 47 | 72 |
| Pominville, Buf | 29 | 41 | 70 |
| Eriksson, Dal | 26 | 44 | 70 |
| St. Louis, TB | 24 | 46 | 70 |
| E.Staal, Car | 24 | 45 | 69 |
| Zetterberg, Det | 22 | 46 | 68 |
| Moulson, NYI | 34 | 33 | 67 |
| Sharp, Chi | 33 | 34 | 67 |
| D.Sedin, Vcr | 30 | 37 | 67 |
| Lupul, Tor | 25 | 42 | 67 |
| Parenteau, NYI | 18 | 49 | 67 |
| Hartnell, Pha | 32 | 30 | 66 |
| Iginla, Cal | 32 | 34 | 66 |
| Parise, NJ | 31 | 35 | 66 |
| Seguin, Bos | 27 | 38 | 65 |
| Selanne, Ana | 26 | 39 | 65 |
| Filppula, Det | 23 | 42 | 65 |
| P.Kane, Chi | 23 | 42 | 65 |
| B.Richards, NYR | 25 | 39 | 64 |
| Datsyuk, Det | 18 | 46 | 64 |
| Ovechkin, Wash | 36 | 27 | 63 |
| Ryder, Dal | 35 | 27 | 62 |
| Ja.Benn, Dal | 26 | 36 | 62 |
| Ribeiro, Dal | 18 | 44 | 62 |
| O.Jokinen, Cal | 23 | 38 | 61 |
| P.Bergeron, Bos | 22 | 39 | 61 |
| Purcell, TB | 20 | 41 | 61 |
| Wheeler, Wpg | 17 | 44 | 61 |
| Michalek, Ott | 35 | 25 | 60 |
| Vrbata, Phx | 33 | 27 | 60 |
| Couture, SJ | 30 | 30 | 60 |
| Pacioretty, Mtl | 30 | 30 | 60 |
| Marleau, SJ | 28 | 32 | 60 |
| Fleischmann, Fla | 26 | 33 | 59 |
| Krejci, Bos | 23 | 36 | 59 |
| Perry, Ana | 36 | 22 | 58 |
| Pavelski, SJ | 31 | 27 | 58 |
| Alfredsson, Ott | 27 | 31 | 58 |
| Lucic, Bos | 24 | 34 | 58 |

**Yesterday's games not included**

# GOLF

## WORLD RANKING

**Through April 1**

| | | |
|---|---|---|
| 1. Luke Donald | ENG | 9.70 |
| 2. Rory McIlroy | NIR | 9.59 |
| 3. Lee Westwood | ENG | 7.76 |
| 4. Hunter Mahan | USA | 5.75 |
| 5. Steve Stricker | USA | 5.67 |
| 6. Martin Kaymer | GER | 5.64 |
| 7. Tiger Woods | USA | 5.53 |
| 8. Charl Schwartzel | SAF | 5.09 |
| 9. Justin Rose | ENG | 5.06 |
| 10. Webb Simpson | USA | 5.03 |
| 11. Jason Day | AUS | 4.97 |
| 12. Dustin Johnson | USA | 4.92 |
| 13. Adam Scott | AUS | 4.87 |
| 14. Phil Mickelson | USA | 4.82 |
| 15. Graeme McDowell | NIR | 4.80 |
| 16. Bubba Watson | USA | 4.56 |
| 17. Bill Haas | USA | 4.51 |
| 18. Matt Kuchar | USA | 4.46 |
| 19. Keegan Bradley | USA | 4.29 |
| 20. Nick Watney | USA | 4.18 |

# CURLING

## MEN'S WORLD CHAMPIONSHIP

**At Basel, Switzerland**
**ROUND-ROBIN STANDINGS**

| Country (skip) | W | L |
|---|---|---|
| **Canada (G.Howard)** | **5** | **0** |
| Sweden (Edin) | 5 | 0 |
| China (Liu) | 4 | 1 |
| Scotland (Brewster) | 4 | 1 |
| Denmark (Stjerne) | 2 | 3 |
| France (Dufour) | 2 | 3 |
| New Zealand (de Boer) | 2 | 3 |
| Norway (Ulsrud) | 2 | 3 |
| Czech Rep. (J.Snitil) | 1 | 4 |
| Germany (Jahr) | 1 | 4 |
| Switzerland (Mueller) | 1 | 4 |
| U.S. (McCormick) | 1 | 4 |

**Yesterday's results**
**Sixth Draw**
**Canada 8** Norway 3
New Zealand 6 France 5
U.S. 7 Denmark 6
Scotland 8 Germany 3
**Seventh Draw**
Sweden 8 New Zealand 3
Norway 6 Czech Republic 4
Scotland 7 Switzerland 4
China 7 Denmark 6
**Eighth Draw**
China 7 U.S. 5
Switzerland 9 Germany 4
Canada 9 Czech Republic 3
Sweden 10 France 8
**Today's games**
**Ninth Draw, 3 a.m.**
Czech Republic vs. Germany; Sweden vs. U.S.; China vs. France; Switzerland vs. **Canada.**
**Draw 10, 8 a.m.**
France vs. Scotland; **Canada** vs. Denmark; Germany vs. New Zealand; U.S. vs. Norway.
**Draw 11, 1 p.m.**
Denmark vs. Switzerland; Scotland vs. China; Norway vs. Sweden; New Zealand vs. Czech Republic.
**Tomorrow's games**
**Draw 12, 3 a.m.**
Norway vs. China; New Zealand vs. Switzerland; Denmark vs. Czech Republic; Scotland vs. Sweden.
**Draw 13, 8 a.m.**
Sweden vs. **Canada;** Czech Republic vs. France; Switzerland vs. U.S.; China vs. Germany.
**Draw 14, 1 p.m.**
U.S. vs. New Zealand; Germany vs. Norway; **Canada** vs. Scotland; France vs. Denmark.

# LACROSSE

## NLL

**EAST DIVISION**

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| Philadelphia | 12 | 7 | 5 | .583 | 143 | 153 | — |
| Toronto | 12 | 6 | 6 | .500 | 146 | 145 | 1 |
| Rochester | 12 | 5 | 7 | .417 | 145 | 149 | 2 |
| Buffalo | 12 | 4 | 8 | .333 | 142 | 161 | 3 |

**WEST DIVISION**

| | GP | W | L | Pct. | GF | GA | GB |
|---|---|---|---|---|---|---|---|
| x-Colorado | 13 | 10 | 3 | .769 | 174 | 159 | — |
| x-Calgary | 13 | 10 | 3 | .769 | 180 | 136 | — |
| Minnesota | 12 | 5 | 7 | .417 | 144 | 149 | 4½ |
| Edmonton | 11 | 4 | 7 | .364 | 117 | 123 | 5 |
| Washington | 13 | 4 | 9 | .308 | 141 | 157 | 6 |

x — Clinched playoff berth.
**WEEK 13**
**Saturday's results**
Toronto 15 Buffalo 9
Calgary 13 Washington 11
Edmonton 9 Minnesota 8 (OT)
Colorado 16 Rochester 12
**WEEK 14**
**Friday's games**
**All times Eastern**
Minnesota at Philadelphia, 7 p.m.
Rochester at Calgary, 9 p.m.
**Saturday, April 7**
Edmonton at Toronto, 7 p.m.
Philadelphia at Buffalo, 7:30 p.m.

# SOCCER

## MLS

### EASTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Kansas City | 4 | 4 | 0 | 0 | 7 | 1 | 12 |
| New York | 4 | 2 | 2 | 0 | 10 | 7 | 6 |
| Columbus | 3 | 2 | 1 | 0 | 3 | 2 | 6 |
| Houston | 3 | 2 | 1 | 0 | 2 | 2 | 6 |
| New England | 4 | 2 | 2 | 0 | 4 | 5 | 6 |
| Chicago | 3 | 1 | 1 | 1 | 2 | 3 | 4 |
| D.C. United | 4 | 1 | 2 | 1 | 5 | 5 | 4 |
| Philadelphia | 4 | 0 | 3 | 1 | 2 | 6 | 1 |
| Montreal | 4 | 0 | 3 | 1 | 3 | 10 | 1 |
| Toronto | 3 | 0 | 3 | 0 | 1 | 7 | 0 |

### WESTERN CONFERENCE

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Salt Lake | 4 | 3 | 1 | 0 | 8 | 4 | 9 |
| San Jose | 4 | 3 | 1 | 0 | 5 | 1 | 9 |
| Colorado | 4 | 3 | 1 | 0 | 7 | 5 | 9 |
| Vancouver | 4 | 2 | 0 | 2 | 3 | 0 | 8 |
| Seattle | 3 | 2 | 1 | 0 | 5 | 2 | 6 |
| Portland | 4 | 1 | 2 | 1 | 6 | 6 | 4 |
| Dallas | 4 | 1 | 2 | 1 | 5 | 8 | 4 |
| Los Angeles | 3 | 1 | 2 | 0 | 5 | 7 | 3 |
| Chivas USA | 4 | 1 | 3 | 0 | 1 | 3 | 3 |

**Note:** Three points for a win, one for a tie.
**Sunday's results**
Colorado 2 Chicago 0
Kansas City 1 Chivas USA 0
**Saturday's results**
Vancouver 0 Philadelphia 0
Columbus 1 Toronto 0
New York 5 Montreal 2
Salt Lake 3 Portland 2
San Jose 1 Seattle 0
New England 3 Los Angeles 1
**Tomorrow's game**
**All times Eastern**
Montreal at Salt Lake, 9 p.m.
**Thursday's game**
New England at Dallas, 8:30 p.m.
**Saturday, April 7**
Toronto at Montreal, 12 p.m.
New York at Columbus, 3 p.m.
Los Angeles at Kansas City, 4 p.m.
Vancouver at San Jose, 7 p.m.
Seattle at D.C. United, 7:30 p.m.
Colorado at Real Salt Lake, 9 p.m.
Chivas USA at Portland, 10:30 p.m.

# MLB

## SPRING TRAINING

### AMERICAN LEAGUE

| | W | L | Pct |
|---|---|---|---|
| Toronto | 23 | 7 | .767 |
| Detroit | 20 | 7 | .741 |
| Oakland | 14 | 5 | .737 |
| Seattle | 15 | 8 | .652 |
| Los Angeles | 17 | 11 | .607 |
| New York | 16 | 11 | .593 |
| Boston | 15 | 11 | .577 |
| Minnesota | 18 | 14 | .563 |
| Kansas City | 15 | 15 | .500 |
| Baltimore | 11 | 13 | .458 |
| Chicago | 13 | 18 | .419 |
| Texas | 12 | 17 | .414 |
| Tampa Bay | 9 | 16 | .360 |
| Cleveland | 7 | 22 | .241 |

### NATIONAL LEAGUE

| | W | L | Pct |
|---|---|---|---|
| St. Louis | 16 | 9 | .640 |
| San Diego | 19 | 15 | .559 |
| Colorado | 16 | 14 | .533 |
| San Francisco | 16 | 14 | .533 |
| Los Angeles | 14 | 13 | .519 |
| Milwaukee | 15 | 14 | .517 |
| Chicago | 16 | 16 | .500 |
| Cincinnati | 15 | 17 | .469 |
| Houston | 14 | 16 | .467 |
| Miami | 11 | 13 | .458 |
| Philadelphia | 13 | 16 | .448 |
| Washington | 12 | 16 | .429 |
| Arizona | 13 | 18 | .419 |
| Atlanta | 10 | 18 | .357 |
| Pittsburgh | 9 | 19 | .321 |
| New York | 8 | 19 | .296 |

**NOTE:** Split-squad games count in the standings; games against non-major league teams do not.
**Yesterday's results**
N.Y. Mets 8, Atlanta 2
Detroit 11, Toronto 8
Tampa Bay 6, Minnesota 6, tie
Boston 4, Washington 2
Milwaukee 13, Chicago White Sox 7
Cincinnati 2, Cleveland 1
Seattle 7, Colorado 2
Chicago Cubs 8, Arizona 3
Philadelphia 4, Pittsburgh 3
N.Y. Yankees at Miami
L.A. Dodgers vs. L.A. Angels
Oakland at San Francisco
**Sunday's results**
Washington 2, St. Louis 1
Pittsburgh 3, Toronto 1
Tampa Bay 8, Baltimore 5
Atlanta 7, Philadelphia 7, tie
Detroit (ss) 4, Houston 2
Detroit (ss) 9, N.Y. Mets 2
N.Y. Yankees 10, Miami 8
Boston 5, Minnesota 1
Chicago Cubs 8, L.A. Angels 1
Seattle 6, Kansas City 4
Milwaukee 7, San Francisco 4
Chicago White Sox 13, Cincinnati 10
Texas 5, San Diego 3
Arizona 6, L.A. Dodgers 2
Cleveland 12, Colorado 10
**Today's games**
Detroit vs. Toronto at Dunedin, Fla., 12:05 p.m.
Tampa Bay vs. Minnesota at Fort Myers, Fla., 1:05 p.m.
N.Y. Yankees vs. N.Y. Mets at Port St. Lucie, Fla., 2:10 p.m.
Milwaukee (ss) vs. Chicago Cubs at Mesa, Ariz., 3:05 p.m.
Boston at Washington, 3:05 p.m.
Seattle vs. Colorado at Scottsdale, Ariz., 4:10 p.m.
Pittsburgh at Philadelphia, 7:05 p.m.
Chicago White Sox at Houston, 8:05 p.m.
Milwaukee (ss) vs. Arizona at Scottsdale, Ariz., 9:40 p.m.
Kansas City at San Diego, 10:05 p.m.
L.A. Angels vs. L.A. Dodgers at Glendale, Ariz., 10:10 p.m.
San Francisco at Oakland, 10:35 p.m.

# NBA

## EASTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Chicago | 42 | 13 | .764 | — |
| d-Miami | 37 | 14 | .725 | 3 |
| Orlando | 32 | 21 | .604 | 9 |
| d-Boston | 30 | 22 | .577 | 10½ |
| Indiana | 31 | 21 | .596 | 9½ |
| Atlanta | 31 | 23 | .574 | 10½ |
| Philadelphia | 29 | 23 | .558 | 11½ |
| New York | 27 | 26 | .509 | 14 |
| Milwaukee | 25 | 28 | .472 | 16 |
| Detroit | 19 | 33 | .365 | 21½ |
| New Jersey | 19 | 35 | .352 | 22½ |
| Cleveland | 17 | 33 | .340 | 22½ |
| Toronto | 18 | 35 | .340 | 23 |
| Washington | 12 | 41 | .226 | 29 |
| Charlotte | 7 | 43 | .140 | 32½ |

## WESTERN CONFERENCE

| | W | L | Pct | GB |
|---|---|---|---|---|
| x-Oklahoma City | 40 | 12 | .769 | — |
| d-San Antonio | 36 | 14 | .720 | 3 |
| d-L.A. Lakers | 33 | 20 | .623 | 7½ |
| L.A. Clippers | 31 | 21 | .596 | 9 |
| Dallas | 30 | 23 | .566 | 10½ |
| Memphis | 28 | 22 | .560 | 11 |
| Denver | 29 | 24 | .547 | 11½ |
| Houston | 29 | 25 | .537 | 12 |
| Utah | 27 | 26 | .509 | 13½ |
| Phoenix | 26 | 26 | .500 | 14 |
| Portland | 25 | 28 | .472 | 15½ |
| Minnesota | 25 | 29 | .463 | 16 |
| Golden State | 20 | 31 | .392 | 19½ |
| Sacramento | 18 | 34 | .346 | 22 |
| New Orleans | 13 | 40 | .245 | 27½ |

d-division leader
x-clinched playoff spot
**Last night's results**
Milwaukee 112, Washington 98
Houston 99, Chicago 93
Memphis at Oklahoma City
L.A. Clippers at Dallas
Minnesota at Sacramento
Utah at Portland
**Sunday's results**
Oklahoma City 92, Chicago 78
Boston 91, Miami 72
Toronto 99, Washington 92
Denver 104, Orlando 101
Indiana 104, Houston 102, OT
Portland 119, Minnesota 106
Phoenix 92, New Orleans 75
L.A. Lakers 120, Golden State 112
**Tonight's games**
**All times Eastern**
San Antonio at Cleveland, 7 p.m.
New York at Indiana, 7 p.m.
Charlotte at Toronto, 7 p.m.
Orlando at Detroit, 7:30 p.m.
Philadelphia at Miami, 7:30 p.m.
Golden State at Memphis, 8 p.m.
Phoenix at Sacramento, 10 p.m.
New Jersey at L.A. Lakers, 10:30 p.m.

# BASKETBALL

## NCAA MEN'S TOURNAMENT

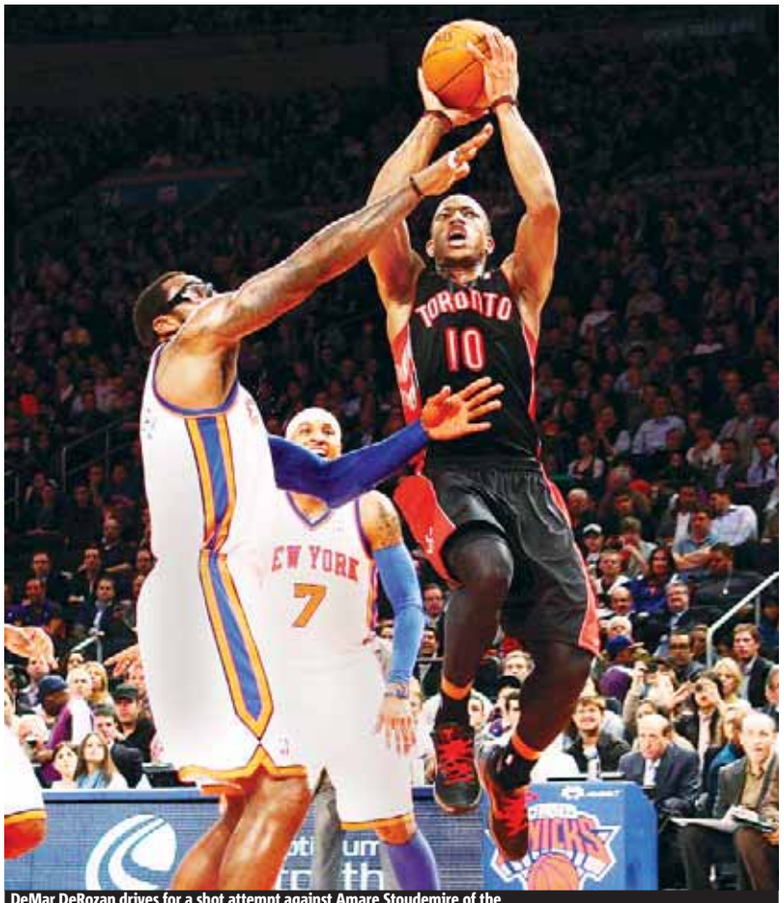
### FINAL FOUR

**At New Orleans**
**CHAMPIONSHIP**
**Last night's result**
Kentucky vs. Kansas
**SEMIFINALS**
**Saturday's results**
Kentucky 69 Louisville 61
Kansas 64 Ohio State 62

EVER HAVE DAYS WHEN YOU DON'T FEEL LIKE YOURSELF?

Find out why paying attention to those feelings is an important part of dealing with your mental health, and why mental health in Canada must change.

Lundbeck Scotiabank partnersformentalhealth TAKE THE PLEDGE AT NOTMYSELFTODAY.CA



DeMar DeRozan drives for a shot attempt against Amare Stoudemire of the New York Knicks on March 20 in New York. CHRIS CHAMBERS/GETTY IMAGES FILE

# DeRozan's new, aggressive approach yielding points

**NBA.** Raptors shooting guard says he is seeking contact as he drives to the basket

DeMar DeRozan hasn't exactly turned into a bully since the NBA's all-star break, but a subtle change in his attitude has paid handsome dividends for the Raptors shooting guard.

DeRozan's scoring has gone up because he's initiating contact, an aggression born out of maturity and a still-growing body.

In the past seven games he has been to the free-throw line 52 times, making 42, and had more than 17 points in six of those seven outings — all because he says he's more willing to hit and not at all reticent about being hit.

"When I drive, I always look at the defender's feet, how they're coming at me (and) I try to hit them before I let the shot go," he said. "I used to try and go up and shoot a floater or something and try to get hit. Now I try to hit him first in the air, before he hits me, and try to finish after that, hope they give me a call."

DeRozan, listed as a rather lean 216 pounds on an alleged six-foot-seven frame, has also been buoyed by a bit more bulk. Instead of simply waiting for the 22-year-old to grow into his body, the Raptors have accelerated the process, even during a scrambled regular season that doesn't afford a lot of time between games.

"DeMar's really been working with Alex McKechnie (Toronto's director of sports science) in the weight room," said coach Dwane Casey. "He's got six more pounds of weight on his body that's really helped him. He's been working on his balance, and I think all those things added together create a confidence in his body."

That has created a confidence in his game.

DeRozan has also become savvy enough to realize just how easy it is to pile up the points with more frequent forays to the free-throw line. Nothing boosts a scoring average more than a handful of freebies every night out.

"When I get to the line, it just gets me going easier. I don't have to rely on so many jump shots," he said. "You get to the line, that's a quick six to eight to 10 points on a good night. Get a couple of layups and next thing you (know) you've got 14, 16 points. Little things like that." TORSTAR NEWS SERVICE

**No fear**

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**Raptors coach Dwane Casey** on Derozan's style of play.


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**Storage-Mart #3001 328 Commissioners Rd W. London, ON Friday April 20th @ 10:45am Units: 1135A Steven Fraser • Storage-Mart #3002 1020 Wonderland Rd S, London, ON Friday April 20th @ 11:30am Units: 1447 Tina Giles, 1472 Sheila Nichols, 3005 Mike Fampa, 3039 Sasha Briffett • Storage-Mart #3003 665 Adelaide St.N., London, ON Friday April 20th @ 10:00am Units: 0610F Brian Buttery, 1202A Rick Garagozzo • Storage-Mart #3004 155 South Edgeware Rd, St Thomas, ON Friday April 20th @ 1:00pm Units: 329 Daniel Dierkens**

According to the Lease by and between the customers listed above listed above and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage units, the Manager has cut the lock on their Unit(s). UPON A COURSORY INSPECTION THE UNITS WERE FOUND TO CONTAIN: Household goods, bicycles, vehicle, fridges, mini fridge, tool chests and tools, microwave, vacuums, fans, baby strollers, rubbermaid totes, baking racks, boxes, suitcases. Items will be sold or otherwise disposed of at this site on dates and at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is "condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

# NOTICE OF PUBLIC AUCTION

**StorageMart #3007 542 Evans Avenue, Etobicoke ON M8W 2V4: # 3202 Chantelle Scholz • StorageMart #3008 680 Kipling Avenue, Etobicoke, ON M8Z 5G3: # 2016 Marque Poole Jewel, #2037 Laurie McDonald, #4089 John Leblanc • StorageMart #3009 110 Guided Crt, Etobicoke, On M9V 4K6: #E0017 Edgar Lieva Julian, #F0036 Distribute It Inc. • StorageMart #3012 144 Norseman Street, Etobicoke ON M8Z 2R4: #4516 Obi Orakwue • StorageMart #3013 221 Todd Baylis Blvd, Toronto ON M6M4L2: #3103 Andrew Harrison • StorageMart #3014 555 Trethewey Drive Toronto ON M6M 4B8: D2195 David Smith, D2204 Kareem Freeman, D2283 Govind Calu • StorageMart #3015 120 Wicksteed Ave, Toronto ON M4G 4K7: #3614 Carlos Pereira • StorageMart #3017 8929 Weston Rd, Woodbridge, On L4L-1A6: #627 Alan Liddiard • StorageMart #3018 605 Alden Road, Markham ON L3R 3L5: #1107 Stanley Johnson, #2172 Arthur Boyle • StorageMart #3025 875 Don Mills Rd, Toronto ON M3C 1V9: 1260 & 2203 Curriculum Plus Publishing c/o Marsha Feldberg, 1311 O'Neal Brown • StorageMart #3026 990 Syscon Rd, Burlington ON L7L 5S2: D0056 Michael R Classic, C0084 Lynne Peckford, C0192 Lynne Peckford • StorageMart #3028 10345 Keele Street, Maple ON L6A 3Y9: #1010 Wilson Construction Services, #1200 Frank Geivelis, #1211 Jeffrey Doyle, #2308 Ante Pavic, #2833 Enzo De Bartolo**

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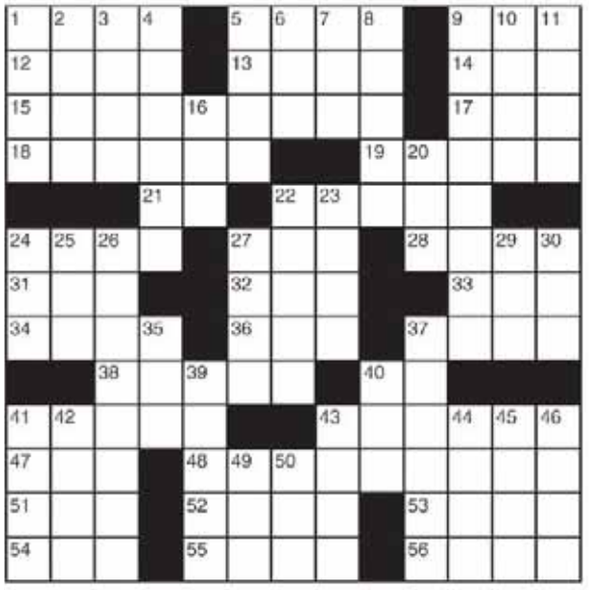
## Crossword



### Across

1 Urban fleet
5 Stroller
9 Embrace
12 Grad
13 John/Rice collaboration
14 NAFTA signatory
15 Military sky divers
17 Journey segment
18 Lotus model
19 Burdens
21 Yours truly
22 Choppers
24 Sculptor's medium
27 Preceding
28 Takeout request
31 Army rank (Abbr.)
32 Be unwell
33 Indivisible
34 Pop choice
36 Pigpen
37 Incite
38 Overact
40 "Monopoly" corner
41 Town bigwig
43 Delicate, as a fragrance
47 In bygone times
48 Cartoon vamp
51 Writer Buscaglia
52 "What's the big —?"
53 Cogito-sum link
54 Recipe meas.
55 Stage statuette
56 Turns green?

### Down

1 Part of a superhero costume
2 Remark re Yorick
3 After-dinner speech?
4 Smugly ingratiating
5 Segment
6 Carnival city
7 Big fuss
8 Syrup flavor
9 Wham-O product
10 Secondhand
11 Jokes
16 Dead heat
20 Mel of Coopers-town
22 Hackneyed
23 Slithery
24 LX percent of D
25 Privy
26 Comic-strip caveman
27 Bridge position
29 Wildebeest
30 "— the ramparts ..."
35 I love, to Livy
37 Wept loudly
39 Trip around the world?
40 Fellow
41 Beer ingredient
42 Quite some time
43 Command to Rover
44 Whig rival
45 Theater box
46 Heroic poetry
49 Tokyo's old name
50 Toe tally

For today's crossword answers and for expanded horoscopes, go to metronews.ca

### Monday's answer

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 4 | | | | 8 | | |
| | | 3 | 5 | | 4 | 6 | | |
| 7 | | | | 3 | | | | 9 |
| | 1 | 5 | 3 | | 6 | 9 | 2 | |
| | | | | | | | | |
| | 9 | 2 | 1 | | 5 | 7 | 6 | |
| 5 | | | | 4 | | | | 3 |
| | | 8 | 2 | | 1 | 5 | | |
| | | 9 | | | | 2 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Monday's answer

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 2 | 6 | 8 | 7 | 4 | 1 | 5 | 3 |
| 3 | 7 | 4 | 5 | 2 | 1 | 9 | 8 | 6 |
| 1 | 5 | 8 | 9 | 3 | 6 | 2 | 4 | 7 |
| 7 | 3 | 2 | 4 | 6 | 8 | 5 | 9 | 1 |
| 6 | 8 | 1 | 2 | 5 | 9 | 7 | 3 | 4 |
| 4 | 9 | 5 | 3 | 1 | 7 | 8 | 6 | 2 |
| 8 | 6 | 7 | 1 | 4 | 5 | 3 | 2 | 9 |
| 5 | 1 | 3 | 6 | 9 | 2 | 4 | 7 | 8 |
| 2 | 4 | 9 | 7 | 8 | 3 | 6 | 1 | 5 |

## Send a kiss

- **Mr. Hammer Man**. You will always be my stereo. ilu
- **Bunny.** I love you. You have to remember, its always going to be YOU and ME. It's the most real thing you've ever had. We don't give up on the things we love. We always come back. <3 Baby T
- Nothing can rival spending my life with you; not eternal bliss or existing logically. Jeremy
- **Gady.** I know you may not notice how handsome I think you are, and I don't really see you too often but if you read this just know I love steering at you I have a crush on you. Your admirer always
- **Mi Vida <3.** I love you so much <3 I know that at times things are hard but no matter what, me and you will make it through <3 we've been through a lot before and I will always be here for you no matter what <3 you're the only girl I'm willing to die for <3

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## Horoscope

**Aries | March 21 - April 20.** You are in the mood to travel, socialize and have a good time.

**Taurus | April 21 - May 21.** As an Earth sign you enjoy the good things in life, and with your ruling planet Venus moving into the money area of your chart today you'll be able to afford them too.

**Gemini | May 22 - June 20.** Whatever changes take place over the next 24 hours you can be sure they will work in your favour, at least in the long-term.

**Cancer | June 21 - July 22.** You need to sit down quietly, away from other people, and decide what your priorities are going to be.

**Leo | July 23 - Aug. 22.** Make an effort to get out into the world and meet people today.

**Virgo | Aug. 23 - Sept. 22.** This is an excellent time to show someone in a position of power that you have what it takes to succeed.

**Libra | Sept. 23 - Oct. 22.** You are hugely optimistic about the future, and with good reason.

**Scorpio | Oct. 23 - Nov. 21.** Steer clear of extremes today, especially extremes of emotion. Like most Scorpios you harbour a few secret grudges but this is not the time to make them public.

**Sagittarius | Nov. 22 - Dec. 21.** The people you meet today, both socially and at work, will go out of their way to be nice to you. Respond in kind and show everyone what a big-hearted Sag you are.

**Capricorn | Dec. 22 - Jan 20.** You may be tempted to push yourself harder and take on more responsibilities but is that really such a good idea?

**Aquarius | Jan. 21 - Feb 18.** Anything of a creative or artistic nature is under exceedingly good stars at the moment, so believe in yourself and what you are doing and before you know it you may be something of a star yourself.

**Pisces | Feb. 19 - March 20.** Let fate take its course and don't try to change things that are best left alone.

SALLY BROMPTON

## Caption Contest

"Staring Contest!! 1,2,3, GO!"
Amanda

JENS KOEHLER/THE ASSOCIATED PRESS

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